

# Episode 210\_Where have I been?! (My MBA creation experience)...

Fri, 6/11 2:45AM 35:55

## SUMMARY KEYWORDS

create, manifestation, podcast, weeks, students, record, babe, program, sedona, teaching, life, launch, people, outline, process, episode, business, team, grateful, flowing

## SPEAKERS

Kathrin Zenkina

Welcome to The Manifestation Babe Podcast. My name is Kathrin Zenkina. And I'm a manifestation expert, Master Mindset Coach and multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success, then you have come to the right place. My goal on this podcast is to help you see the infinite potential within yourself to be, do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together, so thank you so much for pushing play today. And now let's begin.

Hello, my beautiful souls. And welcome back to The Manifestation Babe podcast, or shall I say, welcome back, Kathrin, you're finally recording a solo episode. So this episode is obviously titled "Where have I been?" Where in the world did I disappear to. So if you've been following me on Instagram, probably Instagram is the best place to get like my latest life updates, before they come up on the podcast. I have been creating a beast, I'm telling you, a beast of a program in the last 16 weeks. I've really been in a vortex, a cave, you can say. And I didn't expect myself to be in a cave. That's the thing, I did not expect myself to disappear. And no, I didn't fully disappear. Obviously, if you were in my Manifestation Babe Academy class of 2021, you obviously have been

with me the last 16 weeks straight. We have been on a life journey together. Because I feel like I went through the entire program with you. And I'm going to talk a little bit more about that. But I did not expect myself to have everything else in my life takes such a backseat, mainly because I really took a leap of faith with this program. And I had no idea what I was getting into. I had no idea the amount of time and energy even days where I would only spend like one to two hours working on MBA, it would be so much energy for me to the point where I could not record a podcast. I really I couldn't make a real, I couldn't make a podcast, it would be really hard for me to make a post. And so it turned into a whole adventure that I did not expect. And now being on the other side of it, I really wanted to sit down and just share with you my MBA creation experience. Because, you know, regardless of whether or not you are a fellow course creator, maybe you are a fellow course creator, and there are some challenges and things and obstacles that you can definitely relate to, as I share a little bit about, you know, my experience in my process. And if you're not a course creator, it's just you know, it's lessons that can apply to all areas of life, just depending on how you pay attention to the words that I'm sharing and how you make it applicable to you, regardless of whether or not we're in the same space, same industry, same type of business, same whatever, right? Like my podcast is for everyone. It's not just for the entrepreneurs. But because I'm an entrepreneur, occasionally I will create content for my entrepreneurs just to kind of share things that we can all relate to so that we can learn from each other.

So Manifestation Babe Academy is a program that I just finished. So I just finished it last week. I actually just came back from Sedona. So last night I came back from Sedona. There are four days until I leave again to travel somewhere really fun and special. It's actually one of my dream locations. Because the podcast episode is going to go up after I already leave. I've kind of been keeping it a secret just because I'm really excited. And I want everyone to guess where I'm going. I don't know I just play these games, for some reason. Every time I go to a new country that I've never been to before. I love seeing if you guys can guess where I'm going. So on Thursday, Brendan and I are catching a flight to Greece. I've never been to Greece. We are going to Athens. We're going to Mykonos, then we're going to Santorini, then we're going to Crete, and then coming back to Athens, and then coming back home. So it's a three week long trip that I believe is well freaking deserved. And this is something that I planned the moment that I saw, I think it was like at the end of April, that Greece was opening up to travel. I was like, Brennan, we are going, I don't care. I actually had plans to go to like Kenya or somewhere else in Africa or wherever else was open at the time. And obviously, a lot of countries have opened up since. The moment I saw Greece, I was like, Brendan, we're freaking going to Greece, I don't care. We're booking it right now. And he gave me the opportunity, because usually, I have him do it nowadays, where he books, the flights and the hotels, because he's just like really good at getting deals. He's become so much better than me. And this time, I was like, "No, I want to pick the hotels, I want to pick everything". So I planned it all. And I booked it all in like a 24 hour period. And this is five weeks

ago. And I've been so excited ever since then. And it was just the cherry on top that helped me keep going for the last five weeks of MBA. Especially when and this is a principle I teach to my students, there's a time when you are just about to have a breakthrough or just about to finish with something or just about to come to a completion, the universe is going to do this thing and it's really your ego doing it, where you're going to have the most amount of self doubt come up. Where you're going to question yourself the most. And it literally has nothing like there's no validity behind it. It's not like anything causes it. It's just this one last opportunity that we give our ego or or ego takes this last opportunity to get us out of something right before the breakthrough happens. And so knowing this, of course, and I'm so grateful that I was able to you know, go through this as I'm creating a program where I'm giving my students tools on how to master manifestation and how to transform their entire life. Like I made this thing well rounded as fuck, like super well rounded. And I'm so grateful that I was able to use the tools as we went along. And you know, booking this Greece trip was just really this icing on the cake for me. So I'm really excited about that. And we're going this week. Before I go on this vacation, I definitely want to make sure there's consistent episodes coming out the whole time I'm gone. And then of course, when I get back, I'm gonna dive right back into the podcast. So you can expect a lot more consistency on the podcast. So thank you so much for being patient. Thank you for subscribing. I think that's what you do with podcast. It's called subscribing, right? I don't know, I started a YouTube channel. It's not out yet. I'll give you guys a link and update as soon as it comes out. So make sure you're following me @manifestationbabe on Instagram. Um, but I think it's subscribed to podcast. Yeah, that's how long it's been you guys, I haven't listened to a podcast or recorded a podcast and so long that I've no idea what the platform even looks like.

Anyway, anyway, anyway, so I created Manifestation Babe, let's just talk about why I created it and kind of how that process went. So I really wanted to create and what I have created is this single space, the single signature course, the single process that you can go through to download over a decade's worth of my own personal growth and manifestation wisdom that you can apply into your own life and of course, experience an entire life transformation. And I'm not even going to go into what's inside this program, because it's so in depth, there's so much we went through, you can go to [manifestationbabeacademy.com](https://manifestationbabeacademy.com). And just check it out for yourself, of course. I wrote the sales page before I created the program. So there might have been small changes here and there in terms of like, what goes where what topics are discussed in which phase. I know I've definitely shifted some things around, but you get the general idea. And I'm incredibly proud of what I've built. And I just want to I realized yesterday on my drive home from Sedona, that I just don't give myself enough credit. And sometimes I don't toot my own horn. So this is me tooting my own horn. And I'm encouraging every single one of you to also from time to time, give yourself credit and toot your own horn and be proud of how far you've come. And this is me just coming out here and being like, I'm so proud of what I've built, I really am. And I know it's gonna bring and build tremendous abundance for those who take the program for years and years and years to

come. Because I don't think I'm going to create anything like this for years and years and years. So it's super well rounded. The last six months of work have really set me up for you know, having a program that people can take for the next few years. And the only thing that I'm going to change or add is probably add in some bonuses, add in some guest teachers, maybe make a couple shifts here and there. But I truly believe it's a representation of my manifestation process and how I have cracked the code to not just teach a manifestation process for myself, but make it applicable for everybody who's taking the course. So this is a custom approach. And all of my students who have taken it can attest that I'm not here to give you a formula, my formula, I'm here to teach you what your formula is.

So how did this come about? Okay, let me take you back to my executive team meeting 2020. So yes, before the pandemic, before the craziness came into, you know, came into the world, before this thing called Coronavirus, made its appearance on planet Earth. My team and I had an exec meeting and exec meeting is basically just my exec team. So there's actually only three of us even though my team is growing and growing and growing, I think there's like, I don't know, 15 to 20 of us now. But my exact team is just the three of us. It's me, Brennan and our COO Londa. And in that meeting, I know there's been talks about us creating a single program because I was starting to get really tired of people asking me, "What is the difference between Rich Babe Academy and Manifestation Babe Academy?" and I just realized that there is indeed, you know, some overlap, and I really could make it one program. And if I could just launch one program a year, in the beginning of the year, and really take people down a deep process, like deeper than anything that they would ever expect, transform their life, and then spend the rest of my year traveling, or I don't know, raising a baby raising a kid, or, you know, starting a clothing line, I don't know, something like just various other things that I want to do. I mean, obviously, keep recording podcast episodes, making fun reels, and stuff like that, right? building my social, but getting into other stuff that I really want to get into with manifestation, babe, and even beyond that, just creating a personal brand for myself and creating a YouTube channel, which is what I started in last month. Um, so yeah, my goal has always been to create just one program, one launch, so that I can generate, I don't know, 10, 20, 30, 40 million in a launch. Yes, I dream that big you guys, and I know that it's possible for me, and for everyone else who wants it, and then spend the rest of my year just chilling, or not chilling, but like, you know, pursuing other things. So, you know, my exec team and I were like, "Okay, let's do this, this is the year to do it". And then we, you know, my team wanting to be very, very helpful.

You know, wanted to be involved in the process, we decided that they would keep me accountable to creating like a like an outline, and then going from this outline, to creating all the modules, and then having my team review all the modules give me feedback, we kind of like bounce off of each other. And then I would pre record the whole thing in October of 2020. That

was the goal. And what I found was that the first like two weeks of me creating this outline, and knowing that there's other people involved in my creative process, which never worked out well for me. So I don't know why I thought this was a great idea. When I create, I have to do it on my own, like, I just have to be alone. And I'm going to talk more about that in just a little bit. But I realized that there's so much resistance, like so much resistance, and I couldn't figure out why there was so much resistance. It's taking me so long to create this timeline, this outline. And then to create, like, even the first module was so hard for me. And, you know, at a certain point, I just told my team, "Hey, guys, I need to do this on my own. Like, you guys can't ask me about the timeline or the outline or anything else again, because nothing is flowing. And I just feel pressure". And anytime the feminine feels pressure, it's it freezes, it just stops, it doesn't flow anymore. And the feminine is a big energy that comes into the creation process. It's a lot of feminine energy and feminine energy needs, no deadlines, and lots of flow. And of course, you know, you have the masculine energy as well and business, which is the support and the structure to help support the feminine energy. But I'm not going to talk about this and in this episode, but just just know that I was working with the feminine in terms of creating. So then, by June of 2020, I created nothing, nothing, absolutely nothing. Nothing was flowing, nothing was coming out. And I knew that I had to record in October and then I was getting really stressed out about that. And I will never forget this. I was at my good friend James Wedmore mastermind leading a breathwork session. And during our lunch break, I think it was on day two, I think it was the day after I spoke so I just chilled on my lunch break instead of you know preparing for the breathwork session that I was doing after lunch, and so I was outside and I was looking at the red rocks. And if you've ever been to Sedona, you know exactly what I'm talking about. They're everywhere. They're beautiful. They're mesmerizing. You just stare at them for like hours on end. And they're just such a source of wisdom. And there are a source of such potent energy. I can't describe it. It's just when you look at them, you feel these are vortexes. And I was looking at the Red Rock. And all of a sudden, I heard this voice because I'm very, you know, clairaudient as well, I'm very just auditory. I hear my intuition a lot. Not always, but I do very often. And I heard this voice, of course, the voice of my higher self, hello, asked me, "Kathrin, how come all of your best content you've ever created is live?". Like when I created RBA. And when I created their original MBA, which the original MBA was four weeks long. And this one was 16 weeks long. So we're talking about the original one. And Rich Babe Academy, which is six weeks long, I created it with the very first round of students who came in. So I pre sold it didn't have anything done. People came in, I launched the program, and then I started creating the program with them. And of course, was only four to six weeks long. So it was very easy to manage my energy, no big deal. But I realized that I when I feel the people with me, because back then there were no people. But when I feel people with me, I can just channel for these people, like I want to do my best for my students. And when I can feel them, I have to show up. And I realized that the reason why nothing was flowing is because I was trying to pre record the whole damn thing. So what I decided to do is I, you know, told my team, "Hey, I'm just going to create it live". I'm just going to create it live, I'm going to start the project end of 2020, like December of 2020, because our launch was in January of 2021. So that's it, I'm just going

to give myself the rest of the year, another six month vacation, except for our launch that we had in August. And of course, we had a mini launch of Epically Aligned in December. And I just decided to give myself a vacation and just chill out and not worry about it.

And I took a massive risk. And what I did is I channeled my outline in Mexico, New Year's Eve actually was like the first week of January, I channeled the whole outline. And then I just created from a completely fresh slate, I thought that I would be going back to RBA and the old MBA and like pulling content and audios and stuff and just like beefing it up from there. But no, my soul wanted to create something that was completely fresh from the level of consciousness that I am today. Because I felt like the old programs, even though they were so good and change so many lives. And even when people take my old stuff, they still have transformations, like I hear people who listened to my podcast from 2018. And they feel transformed. And that's awesome. But with this program, I really wanted to create from the level of consciousness that I was today, because I'm a completely different version of myself. I have gone on such a deep spiritual journey since last October when I started working with my Shawman. And just Cole different level of consciousness. So I wanted to create it from a completely fresh slate. And I launched the program MBA without creating anything about a frickin outline. And I took a massive risk. My students who came on board took a massive risk, there were 1100 people who sign up for this new MBA. And I felt so excited because I knew that these students have no idea what they're coming into. They had no idea like obviously, I gave them the outline, I explained what we're gonna do, but they put their trust in me. And I really had to put my trust in me. And I am so grateful that I listened to my intuition because working with them live and feeling all 1100 of them plus, I think we had like another 500 graduates who also decided to take the new MBA. And I could just feel them and I could really tap into them and create for them. And I felt like it was a co creative process. And I'm so grateful for the way that I did it.

Now there's a ton of things that I had to learn and experience through this process. So I just kind of want to share what my process was in the last six months. So the very first thing for me I had to do, which was really, really hard is I had to give myself permission to go into a cave. And to go into this cave and create and create and create and holding space for 1100 students, you know, plus some and creating the program live with them. And knowing that something was due every single Saturday like I had to create. I was here's my schedule for anyone who's curious about Mondays and Tuesdays, I would record last week's module that I created. I would create everything the previous week recorded Monday, Tuesday, Wednesday, Thursday, Friday, I would create the new slides for the next week. I would release I would send everything to my team on Friday for that week. And then Saturday and Sunday, I would work on the workbook, I would work on all the audios and anything else. And if you know if you've been in the course, you know that some weeks had a lot of different tools that I would give you guys and some weeks didn't. But



Saturday and Sunday was really just the tying up everything together. And then Monday and Tuesday would come and I would record last week's module to get it ready for this week, Wednesday, Thursday, Friday, I would record or I would create the slides, then the weekend would come I would do the audios. And then of course, I had to record the audios as well, which would also happen on a Monday and Tuesday. So that was me straight, right. And even the weeks like some weeks. And here's something else that I want to add, I have not taken a day off since end of December. And we're now in June. And Sedona was my first time I ever took some days off. Now, I did go to Vegas two times during the creation process. I told Brennan I don't want to travel because I have my system, I have my schedule. And I don't want to veer from it because it was working so well for me. And so we went to Vegas twice. And of course, I had to double up on my work because I no longer had Friday, Saturday and Sunday to work on next week's module. So I had to double up and it was just, it was still stressful. And even then I would forget something in my team and be like, Katherine, where's the workbook and I'd be like, shit, I didn't create it. And so I had to work in Vegas anyway. So it's been just wild to not have a day off. And some weeks, I would work 12 hours a day, seven days a week, some weeks, eight hours and the bare minimum. You know, I think towards the end I was leaning more into I think there was like two weeks where I would work three to four hours a day. But still it was a lot. And you know, holding space for 1100 people creating the program with them, it was just a ton of energy to manage. So I had to allow everything else to take a backseat. And I did not expect that. I thought that I would be able to keep up with my social media story, podcast, do all these things. But I just I couldn't. And you know, I've been learning more about my human design. And I've been teaching Human Design and MBA and I'm a two four profiles. So if you don't know what that is, obviously go into the realm of Human Design. You'll learn more about it. But if you do know Human Design, you probably know what a two four profile is. And the line two of my profile, which is essentially like it's kind of like personality, but not really it's sort of like how you see yourself how others see you and how that comes together. So the line two of my profile means that when I'm in a deep, deep, deep process, I need to be alone. And I resist this so much you guys like I before I knew that this was a thing about myself, I would bring so much shame into me needing to just shut down for weeks at a time. And I never understood I would always think like what is wrong with me. And I find myself doing this at least once a month, especially during the time of the month when I am PMS saying and my hormones are all wacky, and I'm just not feeling anything. And I just want to be in my own space. I had to learn to give myself permission to be in my own space, because that's part of who I am. That's part of how I'm designed. And especially with a project like this, I really needed to be in a deep process for 16 weeks. And so as a complete stop to everything else I was doing. The podcast took a backseat except for a couple interviews that I posted. All other projects that I'm normally working on, I had to stop going to team meetings because my team meetings are at 10am on Mondays they were 9am back then and then we had Ramadan. I believe three of our team members celebrate Ramadan, and they live in Egypt. So we made it 10am so that they were able to you know, participate in Ramadan and then be able to participate in the the team meeting. And so now they're 10am. But regardless, that was my time of

recording and if I were to go to team meetings, it would take away from me recording. And so it was really my number one focus because I wanted to give my all to those who took a risk with me and invested in a program that was brand new and something that I've never created before. And this was especially hard for me because of course my ego would come in and constantly tell me, "Kathrin you're not doing enough your podcast is going down on rankings. People are gonna unfollow you because you're not posting enough" and bla bla bla bla bla bla bla bla bla bla. And this is really, really tough but I am so grateful that I was teaching my students on how to manage your ego and how to be in partnership with your ego and not let it run your life. Because most People allow their egos to be the voice of their truth. And if you let your ego be the voice of your truth, imagine how stressed out I would be thinking that I actually am not doing enough. Even though I'm creating a freaking program, a beast of a program, like still not doing enough, wow, I should really do more. Or Oh my god, you're right, my podcast is about to go down a ranking, shit, I need to record some episodes. And then I would not be able to show up as my best self in either area. So such a blessing to be able to teach what I was teaching and make the tools that I was making for my students, and then be able to use them myself and know that they worked because I actually needed to use them. And you know why this is challenging also is, for example, when you're brand new in your business, all you know, is the creation process. So when I first started Manifestation Babe, I didn't have a team, I had nothing to manage, I only had things to build. But when you have a successful business, disappearing in a cave for 16 weeks can be very scary, because you have so many different things to balance, right? It's a balance between building and managing. And what I had to do, and by managing, I just mean, I already have an audience, so being able to deliver to my audience, at the same time, as I'm delivering to my new students was really, really hard for me. So I had to give up the managing to my team. And I had to, you know, as if you were following me before, I was making reels like three times a week having so much fun. And I had to stop that because I didn't have any energy to do that. I had to give up on the podcast and just focus on pure module creation. And while I was creating MBA, a lot of things came up for me, I was in the trenches with them. I did the breathworks, with my students, obviously, not while guiding them through it. But I attended breathwork classes on a regular basis, I did all the meditations that I was doing, I practice everything that I taught, because the universe challenged me by bringing up all kinds of stuff for me to process while teaching so that I would practice what I would preach. And I told this to my students that every time I create something, I'm always put through the trenches. And I think it's because integrity is my number one value. And when you know through the this entire journey of teaching others how to manifest their best life, I've always been an integrity, like, I've never taught anything that I don't practice myself. And if I haven't practiced something myself, I would be very straightforward and transparent with my students, because I would have, you know, other moms ask me, "Hey, Kathrin, do you have any tips for, you know, teaching this to kids, or blah, blah, blah, blah, blah". And of course, I don't have kids. So I can't be an integrity with that, because I don't have children. So of course, I would be transparent with my students be like, "Hey, I don't have kids just for full transparency. I've never experienced raising children. But maybe, in my opinion, this is what I



would do when I have my own kids". And so the universe does this thing where it throws me into my own lessons. So that I would always stay in integrity, which I appreciate. Sometimes, it's so annoying, because I'm like, "Hey, I don't have time for this shit right now". But of course, things will always come up the most inconvenient times, because that's when you're going to practice them the best. It's when they come up in the most inconvenient times that you're actually going to pay attention to them. Because if something comes up in a very convenient time, you're probably not paying attention. It's not going to interrupt something else in your life. And so you're like, Ah, you know, I'm chilling. I'll get back to that later. And now it's like, Wait a second, I need to deal with this. I need to process this trauma that's coming up for me, I need to process this emotion, because it's actually inconvenient and taking up space in my life. So I have to do this right now. And I'm so grateful that I go through that process.

What else do I want to share? Taking a leap of faith. This is what I've learned. Because obviously, this is a leap of faith. For me, taking a leap of faith into the unknown is always worth it. And will always, always, always pay off. Because here's the thing, you guys, it's either going to succeed, or it's going to teach you a lot which you can then turn into success. And I think that people who take the leap of faith and say, oh, it didn't work out, you know, it did though, because if you were paying enough attention, you would notice that there was a lesson that came from that. And that lesson is actually setting you up for future success. Because that future success wouldn't have come unless you tried. And not just try I hate the word try unless you did it. You took a leap of faith, it didn't work out. And so you learn that lesson. That lesson was actually the key to your success. And so I took a leap of faith and I already shared why I took that leap of faith is because I just you know launched the program on an outline and just trusted that it would all channel through and it did. It did channel through because I was serious. I was serious about showing up. And so the universe was serious about showing up for me too. And now I'm done, you guys, the program is built, and it'll sustain my business for many, many, many, many years without me having to do anything to it except for, like I said, adding in bonuses, little updates here, and there guest speakers as I feel inspired to invite people. And it was six months straight of straight commitment in exchange for long term benefits for me, for my team, for my business, but more importantly, of course, my students and my future students. And this is such a parallel to so much in life. For example, if you haven't listened to my podcast on my one year experiment, where I went all in with my business definitely listened to that. I went all in with my business with manifestation, success mindset, with healing that was just me going full force. And what that did that one year, in exchange for that one year, what I got out of it was all the lessons that I needed to be able to create a multiple seven figure business, and literally my dream life for me. And all you need. And this just taught me the same lesson again, all you need is a solid amount of time and energy of pure commitment, and investment of pure commitment in the short term, to be able to create long term benefits. And most people either give up too soon, or don't understand how this works. And they settle for this, like, you know, short term benefits, and long term pain,

you know, in the future. Because if you don't make the commitment in the front, when are you going to make the commitment later. It's always going to be I'll do it later. I'll do it later. I'll do it later.

So yeah, that's my update you guys. That's what I learned. That's where I've been, I've been in a cave, I've been in a hole, but I'm out of the hole. So you can expect to see a lot more on my social now. I'm back with my podcasts. I am making a YouTube channel where I'm actually just gonna vlog my life and share my life with you guys. And it's not gonna have anything to do with manifestation. Because that's what my Instagram is for my Instagram is going to be like half personal half manifestation. podcast is obviously I mean, who knows where it's gonna go in the future. But for now, I'm leaving my success tips and my manifestation tips and my spiritual journey for the podcast. But my youtube channel is where I'm going to be sharing vlogs with you guys. Sharing fun videos, stupid videos. I don't know, you guys are just gonna see a whole nother side to me. Hopefully, hopefully.

Um, yeah. So now I leave for Greece this week. And I'll be in Greece as you're listening to this episode for the next three weeks. And it just feels like the most well deserved travel vacation. And I'm just so excited. And if you aren't following me yet, follow me on Instagram @manifestationbabe. And if you have taken MBA, screenshot this episode right now and share with me the biggest thing that you learned in MBA, I would love to see it. I know that we've been interacting for the last 16 weeks. And I've you know, my team reads all your stories to me every single week in my team meeting, which fun fact that's something that we do now, is Vicky who's in charge of Facebook group, gathering feedback from the students from the Facebook group. And then Chelsea, who's in charge of gathering feedback from the DMS and then sharing that in our weekly team meeting, you guys have been making my week seriously. When I when Vicki and Chelsea read that feedback. It just makes my week. So I would love to hear your feedback, biggest thing you learn in MBA if you've taken it and if you haven't taken it yet, guess what? There's another launch coming up. It's coming up in August of last week of August. So if you haven't taken it yet, go ahead and sign up for the waitlist at [manifestationbabeacademy.com](https://manifestationbabeacademy.com). I also record an episode. In February in my last launch, I believe it came out like the very first day of car open in the last launch, which was February of 2021. So you can listen to that episode to basically explain you know why I created it, what's in it, what you're going to get out of it, what to expect what not to expect all those goodies. And that's it. I will catch you in the next episode and there are plenty more episodes to come. So I'm so excited. I am back baby. I love you so much. Thank you for being patient with me. And if you haven't subscribed to the podcast, definitely do that. If you haven't left a review for the podcast. I would so appreciate your honest review. If you take a screenshot of your review before you send it to Hello at manifestation babe calm we're actually going to send you a free manifestation hypnosis as a thank you for your review because

it really helps us grow. Alright, love you so much.

Bye.

Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by following @manifestation or visiting my website at [manifestationbabe.com](http://manifestationbabe.com). I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.