

A woman with long brown hair, smiling broadly with her eyes closed, resting her chin on her hand. She is wearing a white double-breasted blazer with gold buttons. The background is a soft-focus interior with a painting on the wall.

THE 5 DAY MANIFESTATION CHALLENGE

Bring a desire into your life by Friday

MANIFESTATION BABE
by Katherin Jenkins

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HEY GORGEOUS SOUL!

Before we begin, I wanted to quickly introduce myself. You're probably wondering who I am and why I created this challenge. My name is Kathrin Zenkina and I am a spiritual mindset coach and creator behind Manifestation Babe -- a personal development brand with a mission of empowering women to connect with themselves spiritually, break through their limitations, and manifest realities wilder than their dreams.

Welcome to the Manifestation Babe Community!

As I share in every single one of my courses, I came across the Law of Attraction and the topic of manifestation back in 2008 when I was just 16 years old. A friend of mine handed me a copy of "The Secret" and I immediately read the book in a single sitting. I was hooked. Obsessed was an understatement. I just couldn't get enough. 300+ texts, trainings, and years of proving to myself that the principles actually work, I now consider myself a manifesting expert. I live to teach these principles to women on a daily basis. Some days I can't even believe it's my job!



Before we begin, I want to make sure you request to join the official [Manifestation Babe](#) group on Facebook so we stay connected along with all the other manifestation babes.



You can also follow me along for more inspiring content & a glimpse into my daily life [@manifestationbabe](#) on Instagram

"I AM SO EXCITED FOR YOU TO EMBARK ON A 5 DAY MANIFESTING CHALLENGE WITH ME!"

Now before we begin, I want you to promise me one thing. Promise me that for the next 5 days (120 hours to be exact) you will let go of any and all doubt you have about this working for you. Everything I say in the duration of this 5-day challenge you must accept as the truth in order for this challenge to work.

If you believed in Santa Claus for 10 whole years of your life, then I know you can believe in a LAW OF NATURE (that actually exists, unlike Santa!) for a full five days.

Promise? Pinky promise? Great! You're ready to do this thang!

Kathrin Zenkina

DAY ONE:

THE BIGGEST SECRET TO HAVING ANYTHING YOU WANT

SHHHH... I'm about to tell you a secret. This is some secret agent go-go gadget type sh*t. Are you ready?!

Just kidding, but for real. The secret behind having anything you want? It's knowing one simple truth.

THOUGHTS. CREATE. THINGS.

What do I mean by thoughts create things? I literally mean just that. You see babe, your mind is a powerful organ. In fact, it's way more powerful than your stomach, your lungs, all your muscles and everyyyything else combined. Your reality is an exact reflection of the majority of the thoughts that you think on a daily basis. Whatever you are currently witnessing in your reality, you attracted to yourself by focusing on it on a consistent basis. What you focus on expands and creates your future.

There's this law of nature that exists and it's called the Law of Attraction. You've probably heard of it once or twice in the spiritual community, or maybe you already live this law on a daily basis.

Basically put, this law states that, **"LIKE ATTRACTS LIKE."** Positive thoughts / feelings / emotions attract more of the same physical equivalent into your physical reality.

Remember when I said that you have to go with everything that I say over the next 5 days for the purpose of this challenge?

The Law of Attraction is as real of a law as gravity. Do you ever stand on top of a cliff thinking to yourself, "Maybe my elementary school teacher was bullsh*tting me the entire time. Maybe gravity is made up? Let me see for myself."

Oh hell nah, right?!

Same goes for the Law of Attraction. All you have to know at this moment is that in order to have anything and everything you want in your life, you must first focus on it.

Believe it's already yours. See it in a positive light. Be grateful for it long before it comes into your physical reality.

Everything ever created was first a product of someone's imagination. Think about it. The phone screen or laptop you're reading this Ebook from? It was once in Bill Gates' or Steve Job's imagination....right? The food you had for breakfast today? It was once in a farmer's imagination to grow the crops required to produce your food for you. The clothes you're wearing? It was once a product of a designer's imagination. Get my drift now!

SO WHAT'S THE CHALLENGE FOR DAY ONE?

Today, I want you to choose a desire (let's just focus on ONE for the purpose of this challenge) that you intend to manifest into your life within the next 5 days.

Think about the following:

What do you REALLY WANT?

If there were no limits, there were no rules, and nothing was impossible... what would you manifest in the next 5 days? What would you attract into your life? What would you declare to show up?

Is it a certain amount of money?

Is it a job that you want?

Is it a piece of furniture you've been eyeing for your house or apartment?

Is it your soul mate?

Whatever it is, write it down in your journal, on a piece of paper, or anywhere where you'll see it in front of you.

Please write it in your own handwriting on an actual piece of paper or in your journal! There's magic behind your handwriting and your subconscious mind getting to work on your desire.

Write this down: "I intend to manifest _____ in the next 5 days. I intend this or something better for the highest good of all involved. And it is done!"

That's it.

For the next 4 days I will share with you practicalities on how to bring this desire into your life, how to eliminate all the doubts that are tied to it, and share with you more secrets besides "thoughts become things." Excited?! I hope so!

Feel free to post in the official Facebook Group and let us know how excited you are to bring this desire into your reality in the next few days.

DAY TWO:

YOU ARE WHAT YOU EAT? NO, YOU ARE WHAT YOU BELIEVE!

Hello again, gorgeous!

I hope you chose a desire to focus on that lights you up and gets you super excited. This is really important. Many babes choose generic desires and then wonder why they don't manifest. Sometimes they'll choose a desire their spouse would want them to manifest, instead of choosing something that they honestly desire for themselves.

Not being honest with your desires will create some f*cked up energy in your life because you will simply confuse not only yourself, but the Universe too. You may actually end up getting what you "want" and not in the best way either. Or, you may just sabotage everything in the process and end up manifesting none of it, and be left with a ton of confusion and stress in the process. Let me share with you an example from my own life.

For the longest time I tried to manifest a medical school acceptance.

I focused on great grades (straight A's, of course!).

I focused on great relationships with my professors (so I could get the best letters of recommendations, duh).

I focused on the perfect location I want to live in while studying for the MCATs (because LA sounded like a great place to live while putting down my head into endless books).

And I focused on manifesting the school of my "dreams" saying yes to me.

The problem? This wasn't a true desire of mine.

It was something my family wanted for me.

It was something that sounded like a great way to receive love and acceptance from society (because Dr. Zenkina sounded badass) and my family (because I would be the smart child and receive tons of love from them!).

Did this desire end up manifesting?

I can't even begin to tell you how many things went wrong in my life right around the time I was supposed to start applying to medical school. I started missing the bus that took me from Tacoma, to Seattle, to my University campus. Traffic got insane to the point where I was late to every class. Parking spaces disappeared really fast on exam days. My motivation for my classes dwindled... fast.

My relationship with my parents got extremely tense the year leading up to graduating with my Bachelor's degree.

I started to get my first F's! A straight A student failing exams?! It was mind boggling. I didn't understand why this was happening, but I also didn't care.

I found my true passion in my mindset coaching business at the time (a baby business that was just a few months old) and noticed that my truest and most honest desires lay in growing this business. I desired to help women. I desired to earn \$10k a month by helping just a few private clients a month and creating digital courses for those who couldn't afford to pay me to privately coach them, but who still wanted my help. I desired to take my message out to the masses and create a massive impact in the spiritual industry. That was a desire truer to me than a medical school acceptance.

You cannot trick the Universe.

Energy doesn't lie.

Therefore, if you're still lying to yourself about your desire, STAAAAHHHPP IT. WHAT DO YOU TRULY WANT TO MANIFEST INTO YOUR LIFE?

Now that I got my point across, I think you're ready for Day Two, babe!

DAY TWO: YOU ARE WHAT YOU BELIEVE!

Today, I want you to assess your belief system.

You see, your thoughts are one thing and yes, they do create things.

But your beliefs are what determine what you actually do about those thoughts. They precede every action you take when it comes to manifesting.

Manifesting requires action. Simple, easy, inspired action, but nonetheless, action is still involved.

If your belief is that you don't deserve your desire, or that it's not possible for you to manifest, or that person X couldn't do it so it means you can't either...then you won't even think about taking any action towards your desire.

That being said, the Universe cannot help you.

You are a co-creator in this Universe. You are totally involved in the process even though the Universe does all the heavy lifting (like the "how" it's going to manifest).

If your belief system sucks, then half the work is left undone! Your belief system is either helping you or it's hurting you.

Today, I want you to assess your belief system.

What do you believe to be true about your life?

What do you believe to be true about your self-worth?

Your ability to create a life beyond your wildest dreams?

If you notice that your beliefs are mostly negative, then babe... ya gotta change this now.

What you believe to be true about your life, is what you will see reflected in your reality. You will only manifest what you believe you can manifest... not what you actually want.

So how do we change our belief systems?

Upon assessing your belief system, realize that your beliefs are just something you've been telling yourself over and over and over again until they became ingrained in you.

All a belief is, is a STORY you keep telling yourself.

That's it! It's just a f*cking story.

So if all your limiting beliefs are just a story you keep telling yourself, why do you choose to tell yourself the same shitty story over and over again? Why not choose an empowering story instead of a limiting one?

Create affirmations for yourself that support and empower the reality you DO want, rather than the one you don't want.

Tell yourself that you deserve this desire.

Tell yourself that the Universe is conspiring full-time on a daily basis to bring you this desire.

Tell yourself that it's only a matter of time before it comes to you.

Tell yourself that you have all the faith in the world that this desire is already yours.

Believe this to your very core.

Affirm this to yourself every single minute of every single day.

Affirm it so many times you start repeating it to yourself while you sleep.

Affirm it so many times your children start repeating it after you!

The Universe will always match your reality to your belief system by Law of Attraction.

Why not use this to your advantage to bring forth your desire into your life? The choice is literally yours.

To recap: I challenge you to assess your belief system today, and create affirmations for yourself that reflect why you totally and wholeheartedly believe that you can have your desire.

A FEW AFFIRMATIONS YOU CAN USE TO HELP YOU:

- 1 I am a child of God/the Universe and I deserve to manifest _____ because I was born already divinely worthy.
- 2 I live in a limitless Universe where anything and everything is possible, therefore I choose to believe that _____ is possible for me.
- 3 Whatever I believe is what manifests, so therefore I believe that _____ will manifest too.

DAY THREE:

SHOWING GRATITUDE FOR YOUR DESIRE

Hello again, gorgeous!

I am SO excited to get into today's topic because this topic alone changed my entire life dramatically.

By dramatically, I mean:

I manifested my soulmate just a few weeks after calling him into my life.

I created a 7-figure business that I am obsessed with.

I have since traveled around the world many times. (Helloo, travel addicts. I'm talking to you!).

And so so much more.

Today's topic ALONE took me from being a manifesting newbie to a manifesting expert. I'm about to share with you some of my top secret sauce when it comes to manifesting your desires with speed. Ready for this?

"Whatever you are grateful for, you will see more of in your life. Whatever you take for granted, you will see less. It's literally up to you to choose how much good you want to see in your life based on the amount of gratitude you have for it."

-Kathrin Zenkina

Let me ask you something real quick: When you give someone a gift that you are so excited to give to someone, and they show as much appreciation towards your gift as you show excitement about giving it, doesn't that make you want to give even more gifts to that person? And is it also true that when you give your gift to someone and they show no appreciation, and actually take your gift for granted (gasp!), it makes you so much less motivated to ever give that person a gift again?

The Universe works the same way.

How much gratitude do you show for your life and everything in it on a daily basis?

How often do you wake up and just simply say "thank you" for the fact that you woke up today?

How often are you grateful for the fact that you have the means to access a life changing challenge like this on your smartphone or computer? That you have the eyes to even read what I'm writing?

That you are breathing right now? Wearing clothes? Have access to clean food and water?

Seriously assess how often you show gratitude for everything in your life right now.

The same goes for your desire.

You have your desire written down. You are honest with yourself that this desire is something you really want. You now believe wholeheartedly that you can have it (from Day Two's lesson).

START SHOWING GRATITUDE FOR YOUR DESIRE AS IF IT ALREADY HAPPENED.

When you infuse the energy and the vibration of gratitude (an extremely high vibe emotion) into your desire, the Universe will only say to you, "YOU'RE WELCOME! Here you go!"

The Universe doesn't know the difference between you just visualizing having your desire or actually having it. All it knows is the vibration you put out about your desire and matches your vibration with a physical equal counterpart through Law of Attraction.

When you put out a vibration of gratitude? Sh*t starts to happen. Momentum takes off. You start manifesting your desire with speed.

So today's challenge?

Write a letter to the Universe (yes, literally write a letter right now) thanking it/him/her for your desire and the fact that it has already manifested in your life. Feel the feelings of gratitude for the manifestation of your desire as you write your letter. Get deep with this. Get excited about this. Say thank you a thousand times until you truly feel it to your very core.

Start with:

"Dear Universe,

Thank you SO much for _____!" and keep writing until you can't feel an ounce more of gratitude for your desire!

Remember: You will receive more of everything for which you are grateful. It is LAW.

DAY FOUR:

F*CK EVERYTHING AND RUN (F.E.A.R)

I am so proud of the work you've been doing over the last 3 days. You are effing amazing. Do you know that?

If you don't, declare it right now to yourself. Seriously, say with me: I AM AMAZING!

Today's challenge is all about creating space for your desire to manifest. Just like you would create physical space in your living room for a new couch you want to buy, ya gotta do the same thing for your desire to manifest into your life.

There's something called "The Law of Vacuum" that states:

"All material forces of the Universe abhor the vacuum and rush to fill each hole, opening, void, blank page, field of clarity or empty moment with image, garbage, sound and fury, often signifying nothing so precious as the original voidness."

This Law states that space allows movement, and when all space is filled, the solidarity prevents further movement or growth. By reducing inappropriate and unnecessary aspects of one's lifestyle, one can create the time, space, atmosphere and opportunities to move, grow, replenish and to rebuild on a more solid foundation. This Law creates space for you to place only the highest and only the best with the least amount of energy and expense.

We can start with the obvious here. Do you have PHYSICAL space for your desire to manifest right now? That would be step one.

Maybe you need to clear out your wallet to attract more money into your life? Maybe you need to empty half of your closet and start sleeping on one side of your bed if you're trying to attract a soul mate? Perhaps clear some space in your garage for your new car?

Step two is to release all your doubts, fears, and worries surrounding your desire. If you still have any negative emotions toward your desire, these negative emotions will take up space in your mind preventing your desire from manifesting.

Does this make sense?

So how do we release our fears, doubts and worries?

First off, all your fears about your desire manifesting - or not manifesting - are just illusions. All made up by your mind! Your ego creates them to keep you playing small and keep you "safe." Whatever the f*ck "safe" means. You are always safe babe, but sometimes we gotta go the extra step to convince our minds.

My favorite way to release fears, doubts, and worries?

WRITE THEM DOWN. #JOURNALTHATSH*TOUT.

Why does this work so well? I'm not quite sure, but not even 5 minutes after practicing this for the first time (when I was going through a mental breakdown in early 2016), all my worries literally melted away and I felt calm again.

My subconscious/higher self/angels (whatever you resonate with) came through and started to write for me. I transitioned from writing out my fears and just letting them go, to hearing a calming voice come through to tell me it will all be ok and everything that I'm writing down is just my illusion.

It was the most powerful game changing moment of my life.

Ever since then? Anytime I have a fear come up about why I can't accomplish something, or why something won't work out, I open up my journal and write it down.

I ask for guidance on how I can eliminate these fears and work through them when I'm done, and that's it! The fear never bothers me again. I release it to the Universe to take care of it instead.

Sound a little woo-woo to you? Good, it should. You don't have to understand why something works. If it works, why not just go with it?

So, your challenge today?

Ask yourself what you're most afraid of when it comes to your desire. Are you afraid it won't happen? It won't happen in time? Someone may judge you for it? That you don't deserve it?

Ask yourself a series of questions and just simply write down what comes to you. Now's your chance to face your fears in a safe place.

Then, ask for guidance on how to rewrite the story. Ask for guidance on how to see these fears a different way.

Ask for a loving voice to come out and tell you the motherf*cking truth. By releasing your negative emotions surrounding your desire, you are literally creating energetic space for it to come into your life.

You are creating a vacuum to attract your desire!

Make sense?

I can't wait to bring to you one more day of powerful manifesting wisdom. Stay the course, babe! You are doing incredible work.

The Universe is working extremely hard on your behalf. You are divinely loved and deserve your desire more than you could ever know.

DAY FIVE:

TAKING INSPIRED ACTIONS

Hello again, gorgeous!

We made it to the very last day of the 5 Day Manifesting Challenge. Today is a goodie, and I guarantee today alone will produce massive results in the attainment of your desire.

What is today all about?

TAKING INSPIRED ACTION.

If you are or were a student of my Rich Babe Academy or Manifestation Babe Academy, then you know my 5 step no-fail manifesting process to a T. But if you aren't, part of what I teach in the 5 steps is this thing called taking "inspired action."

You see, when you set the intention to manifest your desire, wholeheartedly believe you can have it, show insane amounts of gratitude towards it, and create energetic & physical space for it (hint, hint: sound familiar?), the Universe gets hard at work and figures out all the details.

This is the "how."

What do I mean by this?

Have you ever really wanted something and all of a sudden you felt this "nudge" to call someone? Take a different route to work? Walk into a different coffee shop than the one you normally go to? Pursue a different career than you thought you wanted to pursue? And you had no idea why... but "something" just told you these would be great ideas?

I promise if you look back at your life you'll notice these intuitive nudges always led you to the answers to your questions. Or they led you to the attainment of a particular desire, a genius business idea, or partnership that fulfilled your dreams and crazy income goals.

These are all examples of you taking INSPIRED action in your life. It was action that felt totally natural to you and almost like a no-brainer. In fact, it didn't even feel like action at all! It all felt so easy and automatic, right?

Whatever your desire is, for the purpose of the 5-day challenge, I want you to go inward and see if you have already been experiencing any nudges.

Do you just "know" that you need to do something right now that will lead you toward your desire?

Do you have a phone call to make?
An errand to run?
A course to sign up for?
A flight to take?
A coach to hire?
An email to write?

Deep inside, you KNOW the next step. It is always revealed to you when you ask for it.

If you are unsure of what the next step is, or feel like you haven't yet received your guidance, try this.

Literally ACT like your desire is already here. Play a hardcore game of "act as if." If you're a fan of the teachings of Abraham, you'll probably have already played this game before!

What would the version of you who already has the desire in possession do? What would the version of you who already has this possession say? Where would the version of you who has this desire in possession go? And so on.

Take some sort of action (no matter how big or small) as that version of yourself.

The Universe will take note that you're super serious about receiving your desire and will match your energy.

Remember, everything in this Universe is energy. In order to achieve your desire, take any kind of action you can to get that energy going.

You are the co-creator of your destiny. The Universe will take care of all the heavy lifting. Your job is to just take that first step, put yourself out there, make your presence known, and allow your intuition to guide you.

I remember the first time I allowed my intuition to guide me towards a desire. As a student with a bachelor's of science degree, I thought I was a littttttle bit insane to deny logic and follow my gut.

It felt so unnatural, and yet so right to me at the time.

And guess what?

It led me to my dream life today.
It led me to all of my desires.
It led me exactly where I needed to go.

I never allowed logic to lead me again. I make all of my life decisions today by first passing it through a "gut test."

If it doesn't feel right, even if it makes complete logical sense, it's a "NOPE!" from me.

By following your gut, the Universe will never lead you astray. Trust me on this.

So babe, follow that nudge and take that next step. Take a small action toward your desire.

The rest will naturally follow. Your desire will manifest.

Have complete trust and faith in the Universe. You are divinely loved. You are divinely taken care of.

You are 100% ready for the next step.

You are ready for the Universe to get behind you and support you in up leveling your life.

Life isn't just happening TO you; it is happening FOR you.

Don't be afraid of taking that next step. That next step will lead you to all of your desires. That next step will lead you to the life of your dreams.

HOLD ONTO THAT VISION.

Do not let it go under any circumstances.

If by day 5 your desire doesn't manifest, it does not mean you don't deserve it. It does not mean it's impossible for you. It means that there is something even better on its way to you right now. Never quit 5 minutes before the miracle, babe. I witness so many women doing this and it makes me really sad. They quit literally seconds before their desires manifest.

Believe it's coming...because it is.

THANK YOU

Have an incredible manifestation success story to share with us? Send me an email to **HELLO@MANIFESTATIONBABE.COM**. They always make my day. Or post it in the FB group and inspire another babe to manifest her desire. Let us know that this sh*t really works for us all.

Loved this challenge and want to go even deeper into your manifesting journey?

Check out my transformational 16-week program: The Manifestation Babe Academy

The Manifestation Babe Academy

The Manifestation Babe Academy is the all-in-one, everything-you-could-possibly-need-to-know, school of manifesting YOUR unique dream life. Join me and thousands of others for 16 weeks of pure life TRANSFORMATION. Utilizing the principles of energy, universal laws, ancient spirituality, human design, and subconscious reprogramming, MBA is guaranteed to help you completely shift your reality by eliminating all the blocks that are keeping you living the reality you most desire. If you've been manifesting a COMPLETE crash-course in metaphysics, spirituality & manifestation.... this is it!

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