

A woman with long brown hair, wearing a leopard print dress and black high-heeled sandals, is sitting on a light-colored sofa. She is looking towards the camera with a slight smile. The background features a modern living room with a round side table, a potted plant, and a white wall with decorative molding. The overall aesthetic is warm and sophisticated.

5 STEPS TO ACHIEVE ANYTHING

MANIFESTATION BABE *by Kathrin Jenkins* x Goalcast

HEY GORGEOUS SOUL!

I'm so excited that you chose to download this free guide, because it has the potential to completely change your life.

If we haven't already met, my name is Kathrin Zenkina and I am a master mindset coach, manifestation expert, and on a mission to help you literally LIVE OUT your wildest dreams.

In 2016 I founded my company, Manifestation Babe. It was barely a company at the time—just me living on my grandma's couch with a laptop and a huge dream in my heart. At this time, I was in a very interesting stage of my life. I just ended a 7-year relationship, told my parents that I was no longer applying for medical school, and moved out to Los Angeles to figure things out.

My life felt extremely chaotic and there was a ton that I was unsure of. However, there was one thing I was certain of - I wanted to BE an example for others to go after what they REALLY wanted—their biggest dreams and desires.

I used Manifestation Babe as a vehicle to help me prove to myself that not only was I capable of creating the life of my dreams, but I could bring thousands of women (and men) on this journey as well.

Just three short years later, applying everything I'm about to share with you in this guide, I became a multi-millionaire who travels the world with her soulmate, drives her dream car, lives in her dream penthouse in Los Angeles, and impacts the lives of hundreds of thousands of people on her social platforms.

If I can go from grandma's couch with zero direction in my life, to a multi-millionaire in just 3 short years, I can only imagine what is possible for you. Since I started my journey, I've done my best to remind people over and over again—what's possible for me is also possible for YOU.

I'm a Russian immigrant who was brought to the United States as a baby, with only \$900 in my family's pockets, zero English language, and a rough start of living below the poverty line for the first 7 years.

I grew up an extremely shy child who had social anxiety like you wouldn't believe. I was bullied in middle school, suffered from multiple eating disorders, contemplated suicide at the age of 11, and the list goes on. I'm not sharing this with you because I want your pity—I'm sharing this with you because I AM JUST LIKE YOU.

We've all struggled. We've all gone through tough times in our lives. We've all been down on ourselves and felt disappointed with life, but it doesn't have to be this way forever. Life is always happening FOR you, and I'm so excited to see what this guide will unlock for you.

Keep in mind that the journey between us doesn't just end here. Once you've read through this guide and started taking ACTION on your wildest dreams, make sure we connect on Instagram at @manifestationbabe! I love reading your manifestation wins and learning more about you!

I can't wait to witness the magic you create!

The Best Is Yet To Come,

XoXo *Kathrin Jenkins*

To get started...

Here are the 5 steps to achieving ANYTHING. I will break down each one for you step by step:

- 1 Create a **CRYSTAL CLEAR** vision
- 2 Identify what needs to change
- 3 Get your mindset in the right place
- 4 Connect to your intuition
- 5 Take inspired action

STEP ONE: CREATE A CRYSTAL CLEAR VISION

The very first step in manifesting a life that looks very different from what you're currently living is getting crystal CLEAR on the kind of life that you DO want to live.

I often teach my students and clients my GPS metaphor when it comes to making changes in your life. When you want to head over to a specific location, what do you do? You type in the exact address of where you're going, and the GPS unfolds the path for you.

Keep in mind, the path will always look different depending on where you're starting from. Maybe you're 40 miles away from your destination, or maybe you're only 1 mile away and it's a straight road to where you want to go. Regardless of what it looks like, without the destination in mind, the GPS is pretty useless.

Getting clear on what you want will not only help you activate the manifestation process, but will also give exact instructions and guidance to your subconscious mind to help you get there faster.

If you're pretty new to the term "manifestation," here is my definition: "The phenomenon that occurs when something that was once a part of your imagination becomes actualized into your physical reality." Note the word "imagination" — that's where your destination must start. You must see it in your MIND first before you experience it in reality.

Manifestation is also a popular buzzword coined by the "self-help" and "new age" community. However, the concept itself has been around since the very beginning of time — every ancient civilization knew of it and practiced it.

You may have heard of the term "Law of Attraction" before. The Law of Attraction is a law that exists in the Universe (similar to the Law of Gravity) that states: "like attracts like." In order for your dreams to manifest into your reality, you must first use your mind to activate the power of the Law of Attraction by thinking, believing, and feeling in a certain way. We will naturally be doing this throughout the guide, so don't worry too much about this. All you need to do is just follow along.

Here are a few guiding questions to help you identify what you want your life to look like:

- If money was no issue and you had an abundance of it, what would you spend your time doing? What would your career or business look like? Would you travel the world? Would you take your family on more vacations? Would you finally take the "risk" and start a new business?

- If you had access to a magic genie and were granted unlimited wishes, what would each area of your life look like? What would your health be like? What would your bank account look like? What would your relationships look like?
- What would an IDEAL DAY in your dream life look like? From the moment you wake up in the morning, to the moment you go to bed, how would you spend your time? Where and with whom?

Once you have your destination, it's important to get clear on as many details you can think of. The clearer you are, the more you are pulled into this direction and can't help but achieve it.

Write down your answers on a sheet of paper or a journal that you enjoy writing in. There's magic in your handwriting, so please refrain from typing out your answers as it just doesn't have the same effect.

Beware of the urge to want to write down the things that you DON'T want to experience in your life. Human beings have the tendency to remember more of the negatives in their lives than the positives. We are more accustomed to identify the things we DON'T want to experience, causing us to attract more of what we don't want into our lives. It's great that you want to change and have so many things in mind that you no longer want to experience, but focusing on them won't make any positive changes.

Take what you don't want and flip it to its opposite. So, you hate your job? Good! What is it about your job that you hate? The pay is too low and your boss is an asshole? Perfect. Now reframe that into the opposite reflecting the NEW reality you want to experience. You want a boss that values your work and you want to make a salary of over \$100,000 per year.

How much more clarity do you have when you focus on what you do want? How does it make you feel? Pretty darn good, right?

STEP TWO: IDENTIFY YOUR CURRENT LOCATION TO GET CLEAR ON WHAT NEEDS TO CHANGE

Now that you've figured out what you want your new life to look like and you've written it down on paper, it's important to know what EXACTLY needs to change in your current life.

Think back to our GPS example for just a moment. What is equally as important to a GPS system as the destination? Your current location!

Without your current location, the GPS cannot accurately guide you to your destination. It's actually pretty useless without the two points of information.

You don't have to spend much time in Step Two, but it's still important to get clear on this as well. If anything, it will drive you to raise your standards and want to change your life so much faster.

Inside of Rich Babe Academy, my 6-week money mindset mastery program, I assign my students a very important piece of homework—getting to know where you currently are FINANCIALLY. This assignment tends to bring up pain and embarrassment for many of my students when they recognize that they are nowhere near their ultimate dream destination. I always remind my students over and over again, that without knowing where you currently are, your subconscious mind has no clear instructions on how to guide you to your destination.

In Step One of getting crystal clear on your destination, you may have also already gotten clear on the kind of life you are tired of experiencing. This is actually a really great thing and should not discourage you. Your current location is NEVER your final destination, unless you choose to live there.

I always encourage my students to use this step as “gaining leverage.” When you attach more pain to your current circumstances, you are more likely to make changes. Human beings have this built into them. We are more motivated to AVOID pain, than we are to GAIN pleasure. It's strange, but makes sense. Going back to our caveman and cavewoman days, there were lots of threats we needed to survive. Lions, tigers and bears, oh my! Food was scarce and we were ALWAYS thinking in the short term—how do I avoid any danger or pain today?

In the modern-day world, there aren't AS MANY threats to survive. Yes, there are still occasional “potential dangers” to avoid, but not as frequently as before. However, our minds are still running on old programming, and we can actually use this to our advantage.

Think of all the CONSEQUENCES of you staying where you currently are. What are you missing

out on? What is your family missing out on? How are you playing small? What effect does your behavior have on those that look up to you? How else are you negatively impacted by staying where you currently are?

Once you identify this, it's game over. Your subconscious mind kicks into avoidance mode where you will actually start to AVOID your current location and progress toward the new destination that we identified in Step One.

STEP THREE: GET YOUR MINDSET IN THE RIGHT PLACE

Once you determine your current location and your final destination, you'll notice that there's now a gap, and the path between the two isn't yet clear. That's totally okay and part of the process.

Step Three is about getting your MINDSET in the right place to help you achieve your goals. Why is mindset so important? Well, mindset drives behavior. Your mindset is a compilation of your thoughts, beliefs, and attitudes toward a specific area of life, or your entire life in general.

When you have thoughts that say, "I can never do that," how motivated will you be to take action? Not motivated at all, right? When you believe that you WILL be able to accomplish something, even if you don't yet know how to accomplish it, how motivated are you to take action? You're going to do whatever it takes!

Getting your mindset in the right place is easier said than done, but THE most important work that you'll ever do.

If you desire to manifest your dream job, travel the world, and fall in love with your soulmate, you must FIRST get your thoughts, beliefs, and attitude in alignment with the fact that this is even possible for you to achieve.

Human beings are really good at limiting themselves. I won't get into the details of why this is right now, but this is a FACT. We are better at shutting down our dreams than we are at working to achieve them. That's because developing the type of mindset truly shared by only 2% of the world is hard work—but it's also the most rewarding.

To give you a head start, I want you to ask yourself this very important question: "The version of myself who is ALREADY living the dream life in the destination I desire - what are their thoughts like? Self-talk? Beliefs? Attitude toward life? Are they in a positive head space or a negative one?"

In order for you to achieve a new level of success, your mindset MUST be developed to match this new level of success.

When starting out on my journey, I read a ton of books, attended endless seminars, personal growth events, and met with growth-minded individuals both online and in person. I wanted to surround myself with as much mindset-developing material as possible because I KNEW how important it was to groom my mind to be a productive mind.

A few resources I recommend for you to really master this mindset thing:

- 1 My money mindset book: [“Unleash Your Inner Money Babe” by Kathrin Zenkina](#)
- 2 [Unleash The Power Within by Tony Robbins](#)—A 4-day live event that will blow your socks off and unleash you to your next level.
- 3 “The Secret,” a documentary you can find on Netflix that introduces the concept of manifestation and Law of Attraction. This was the documentary that inspired me to start Manifestation Babe.
- 4 Find a mentor who has done what you’re in the process of accomplishing. Your mentor doesn’t have to be someone you actually sit down at lunch with every day either. It can be someone you follow online. It’s helpful to get to know how they think, what their beliefs are, and how that impacts the results that they have in their life. When you see an example of it already being done, you are way more inspired to take on the adventure yourself.

STEP FOUR: CONNECT TO YOUR INTUITION TO UNVEIL THE PATH AHEAD

I have a Bachelor's of Science in Biology and I have all my pre-med prerequisites fulfilled (can you say YEARS of chemistry, physics, and biology?!). Right before I started this crazy personal development journey, I was convinced I was supposed to become a doctor, so I accumulated quite the amount of knowledge in the biomedical field.

My natural way of thinking is very logical and left-brained. I come from the attitude of, "I must SEE it before I BELIEVE it." I need proof and I need LOTS of proof something can be done before I'm ever willing to take something on myself. I thrived off of research and needed papers to prove that something did in fact exist.

That is, UNTIL I learned how much more powerful right-brain, intuitive thinking was when it came to accomplishing my dreams.

Let's just say intuition was not something I regularly accessed when making decisions. The thought of following something simply because it "inspired me" or "brought me joy" was laughable to me.

At the same time, up until I learned how to access my intuition and USE IT, I was a pretty unhappy person. I was living a life for everyone else but myself, because I was using logic to direct me.

Logic led me to choosing a career that logically would make me more money. Logic led me to staying in a relationship out of comfort. Logic led me to stay living at my parents' house in Seattle, Washington because, "it made sense."

Intuition is what made me become a self-made millionaire, fall madly in love with my soulmate and husband, travel the world, and get paid to live my best life.

Nowadays, I use my intuition to make all of my decisions in life and business: hire people, fire people, say yes to opportunities, and also deny opportunities. I no longer care whether something makes logical sense to me or not, because I know that my intuition is tapped into my Highest Self. When you live your life from your Highest Self, no decision is ever the wrong decision.

By following my gut, my heart, my inspiration, and my intuitive nudges, I've been able to manifest EVERYTHING I wanted. Everything that I defined as my dream life while still living on my grandma's couch, I now HAVE because I didn't follow what was logically correct—I followed what FELT right.

In the manifestation process, feeling is the key to success. When you FEEL excited by something, your feelings are guiding you to go in that direction. When you feel “off” about something, that’s your intuition letting you know that that path is NOT for you.

Your intuition and your feelings go hand in hand, which is why it’s so important to start identifying your feelings as your INTERNAL COMPASS.

When you feel inspired by something, even if it makes no logical sense, don’t question it. Go in that direction and see what’s on the other side. This is what’s commonly known in the Law of Attraction/Manifestation community as, “taking inspired action.”

When you take inspired action, you are following your intuition, and your intuition is ALWAYS guiding you to your outcome. Our subconscious minds are so powerful, they’re commonly known as goal-achieving supercomputers. When the subconscious mind gets locked in on an idea, it gets to work on doing anything it can to draw in the events, circumstances, people, and things that will aid you in achieving your goals.

One of my favorite ways to connect to my intuition is through meditation. When I first started to meditate, I thought meditation was all about breathing a certain way and thinking about “nothing.” Soon enough, I learned that meditation was about listening. Listening to what the heart wants me to know today. It’s about tapping in, turning on, and getting in tune with a part of myself that’s divinely guiding me every step of the way. And the best part? It only takes a few minutes of daily meditation to strengthen your intuition muscle.

If you’ve been curious to expand your knowledge on photography, start a life-coaching business, or pick up ballroom dancing—don’t question it. Your interests, passions, and curiosities are part of the path between where you currently are and where you want to go.

Put your hand on your heart right now and visualize your life ALREADY at your desired destination. Tune in by breathing slowly, intentionally, and ask the question, “What is my next step?” The first thing that pops into your mind is the answer. Trust that.

STEP FIVE: TAKE INSPIRED ACTION

The most important piece of the manifestation process and the thing that is going to get you to your destination is letting go of the “HOW.” I know your mind is already spinning and racing with all kinds of questions and ideas like, “But how is this possible?” “It can’t be this easy!” “What IS my intuition trying to tell me?” “But I don’t have the money to do that!”

This is what’s called the “Monkey Mind.” The logical, always-needing-to-be-in-control part of you that wants to know every single detail of how in the world your dreams are supposed to unfold.

You need to let go of this as you will NEVER be in ultimate control of how things pan out. Trust that your success is inevitable no matter what and that you are always on the right path. Take it one step at a time, keep following your intuition, and take action when you feel inspired to do so.

Obviously, action IS required for you to get from where you are now to where you want to go. There’s no question about that. It’s one thing to attract opportunities into your life via the Law of Attraction, but a whole other ballgame when it comes to seizing the opportunity. If you don’t actually DO something, you’ll end up waiting in limbo for the rest of your life (limbo meaning being stuck at your current location forever. Yikes!).

However, there is a difference between forced action and inspired action. Remember when I said that feeling was the secret? The way you feel about the direction in which you’re going is ultra-important. If something feels right to you, go for it. If something feels off, hold off for another moment until another opportunity to act comes your way.

Forcing things to work out for the sake of taking action means that you don’t trust the process. Allowing yourself to listen to your heart and get that “pull” into the right direction means that you do. Taking action from the right state is ALWAYS going to reward you.

Now, you may be thinking, “But what if it feels scary even though I know it’s the right action to take?” Let me be very clear here, fear is not the same thing as a red flag from your intuition. Oftentimes, we feel fear because we are stepping outside of our comfort zones into the “unknown.”

The fear you feel is not a warning sign, but rather the monkey mind letting you know you’re leaving your comfort zone and that this may be a threat to your survival, even though clearly it isn’t. You already know stepping on stage to deliver a speech, writing your very first book, asking for a promotion at work, or getting down on one knee to propose to your dream girl/guy, is NOT going to kill you. It’s actually leading you to the reward that’s on the other side of the “scary thing” you’re being called to do.

Guess what the reward is?! YOUR DREAM LIFE.

And there you have it: The 5 Steps To Achieve ANYTHING

To summarize...

- 1 **Create a CRYSTAL CLEAR vision**
- 2 **Identify what needs to change**
- 3 **Get your mindset in the right place**
- 4 **Connect to your intuition**
- 5 **Take inspired action**

Now, keep in mind that this process can take as little as a few days, or a couple of years. The time doesn't matter because that time is going to pass anyway. What truly matters is who you BECOME as a person in the process.

Isn't life all about growth? Learning something new about yourself? Evolving to your next level? Proving to yourself that you ARE capable of anything as long as you believe you are?

Achieving your goals is a process and it's the best adventure you will EVER embark on.

I want to leave you with one of my favorite quotes before you really implement this process into your life after reading this guide:

“Those who are certain of the outcome can afford to wait, and wait without anxiety.”

- A Course in Miracles

Practice patience, love yourself, appreciate the progress you've ALREADY made, and have certainty in your ability to manifest anything that you want.

Life has a way of helping your dreams come true.

What's next?!

If you enjoyed this guide, then I have some incredible news for you: This is ONLY the BEGINNING of our adventure together. I have so many more available resources that will absolutely blow your mind and transform your life.

For starters, if you're ready to do some REAL goal-setting and goal-achieving, I have an hour-long masterclass that will not only help you set clear goals, but will also get your subconscious mind on board with actually ACHIEVING your goals.

It's called "[Goal Smashing Like A Boss Babe](#)"!

And if you really want to take this work to the next level in build your absolute dream life, check out my 16-week transformational program- **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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