

A woman with brown hair pulled back, wearing a white blazer over a white top, is laughing joyfully. She is holding a thick stack of US dollar bills against her cheek with her right hand. She is wearing large, ornate, diamond-encrusted dollar sign earrings. The background is a soft, out-of-focus blue and white.

10 WAYS TO ALIGN WITH YOUR IDEAL INCOME

*Get crystal clear on your ideal income and
break through your old financial habits*

MANIFESTATION BABE
by Kithin Jenkins

HEY, GORGEOUS SOUL!

Welcome to 10 Ways To Align With Your Ideal Income! This is a guide designed to get you CRYSTAL clear on your dream income and break through your old financial habits. In this guide, you will find journal prompts and questions made for you to dig deeper and deeper into what you want.

Complete the questions as you go and by the time you reach the end of the guide, you will have 10 practical tools in your pocket to align with your ideal income!

xoxo *Kathrin Jenkins*

1. ASSESS WHERE YOU CURRENTLY STAND WITH MONEY

Before you start your way down the guide, it is extremely important to get a good understanding of where you currently stand with money. Up to this point, you may have developed habits or beliefs around money that have made it challenging to reach your ideal income. I want you to be honest with yourself, open up your bank account statements and get CLEAR on where you stand with money.

Answer these questions:

1

Are you currently holding on to any debts or loans? If so, have you been paying them off diligently or have you found yourself resisting paying them off?

2

Do you notice yourself spending more or saving more?

3 Do you feel like money is always running out?

4 Do you save your money for future investments or out of wanting security?

5 Do you feel comfortable with what you're currently earning? If so, what would a higher income do for you?

6 Do you feel uncomfortable with what you're currently earning? If so, what will a higher income do for you?

2. ADDRESS YOUR CURRENT FINANCIAL LIMITING BELIEFS

Now that you're clear with where you stand with money, let's assess your financial limiting beliefs. Somewhere along the line, you may have picked up a limiting belief around money that has been a direct reason why you've found it challenging to keep or increase your income. I'm going to list below some common limiting beliefs and then your task is to look back into your life and think about any beliefs that you might have around money.

Limiting belief examples:

- Having a lot of money means you are greedy and snobby
- It is not easy to come across money
- You have to work long hard hours to earn good money
- Money doesn't grow on trees
- Money is limited.
- Rich people are lucky and were born with money

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Make a list of ALL your limiting beliefs around money :



3. IDENTIFY WHAT LANGUAGE YOU CURRENTLY USE AROUND MONEY

This one might come as a shock to you, but it is actually one of THE most important parts of building a strong money mindset. Money is nothing but energy in paper form. Many people give it much more power than it truly has. On top of the identity we attach to money, our subconscious mind hears everything we say and takes everything literally. Everything you say out loud or think is absorbed by the subconscious mind. So, that being said, when you say that something is expensive, you are relaying a message to your subconscious mind that you are coming from a scarcity mindset and you don't have the money for something. Even if you may not physically have the money yet, your subconscious mind does not know that, so therefore it will stop the flow of money in your life because you're telling it that you never have enough.

Below you will find different reframes for language associated with money.

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Make a note of which ones you might be using and start making the switch in your day to day language.

- "I can't afford ____" -----> "I'm so excited for the opportunity to afford ____"
- "____ is too expensive" -----> "____ is a premium investment and will be in my possession soon."
- "That's so expensive" -----> "That's super premium and luxury."

These are all transitional affirmations, but once you feel more expansive around the possibility of affording your desires, you can say these below even if you don't physically have the money. The main point is to embody the version of yourself who already HAS it.

- "I have ____" OR "Thank you for ____"

4. DREAM BIG AND GET CRYSTAL CLEAR ON YOUR IDEAL INCOME

Now that you've fully identified where you stand with money, what you're limiting beliefs are, and what language you use around money, it's time to dream BIG. When you're manifesting money, your subconscious mind does not see limitations. You can dream as far and as wide as you want. Below you will find questions that will get you clear around your ideal income. I want you to answer these questions embodying the version of yourself that already has it.

1

If you had access to a magic genie, how much money would you make by the end of this month? The end of this year? 5 years? 10 years?

2

If money was indeed limitless, what would you do with it? What would you SPEND it on?
What would you INVEST in?

5. GET CREATIVE

As you may know, manifestation is not about the HOW. It is not our responsibility to know how the Universe will bring us our desires. We are in charge of the WHY and WHAT. However, exercising our action-taking muscle helps us align faster with our ideal income, and it can be fun exploring ways that we can bring in more money into our lives right NOW. In this exercise, you are going to get creative. I want you to list all the different ways you know of right now that can increase your income.

Here are some examples:

- You can sell your clothes on Poshmark
- You can start a business from something you're passionate about
- Get crafty and create something to sell on Etsy or Ebay
- You can have a garage sale to sell items you own

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What else? Get creative and have fun!!

6. GET EVEN CLEARER ON YOUR DESIRES

When you allow yourself to dream big, you create possibility in your life. The limiting beliefs you listed above were holding too much space for you to get clear on your dream reality. Now that you've addressed those beliefs, you've opened up space for possibility.

Below, write out what your dream day would look like.

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What you would do first thing in the morning? What do you look like, what are you wearing, where are you living, what do you do for work, what people are around you?

Get as creative and detailed as you desire! This exercise is commonly known as “scripting” in the Law of Attraction community and is a fun way to get clear on how your life would ACTUALLY look like once you've manifested your ideal income.



7. REPROGRAM YOUR SUBCONSCIOUS MIND

As we covered above, our language and limiting beliefs affect our subconscious mind every single day. Our subconscious mind (the imaginative part of our brain) is responsible for creating, processing, and interpreting 95% of our realities. That leaves our conscious mind (the logical and analytical part of our brain) with only 5%. To start getting on the path to manifesting money and creating that ideal income, we must re-program what we've been telling our subconscious mind for years. One of the best ways to do this is through affirmations. More specifically, money affirmations.

Here are a list of 10 money affirmations you can start saying TODAY that will help reprogram your subconscious mind.

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Set a reminder on your phone and repeat any affirmation that feels aligned with you every hour of the day. Feel free to create your own money affirmation that aligns with your ideal income as well!

- I am worthy and deserving of money
- Money is an unlimited resource and it is always flowing my way
- I am comfortable with receiving, keeping, and investing very large amounts of money
- I am a millionaire just by showing up as my authentic self
- I can afford anything I set my mind to
- I am so good at making money. Money comes my way faster than I can even call it into my life.
- Unexpected money shows up in my life easily and effortlessly.
- The more fun I have, the more money I make.
- I am a magnet to money and massive financial opportunities
- Every single day and in every single way, I am growing wealthier and wealthier and wealthier

8. START SETTING GOALS

While manifesting money is not always physically in our control, one way to start seeing the money unfold in your life is by setting financial goals. Take the exercises you completed above (magic genie, listing ways to make money, and getting clear on your income) and start setting goals. The main key here is to embody the version of yourself who **ALREADY** has it. Remember, it is not your job to figure out how. I want you to set goals that you're uncomfortable with, but are also attainable with where you currently stand financially.

- 1 Where do you want to be financially in: **1 month? 3 months? 6 months? 12 months?**

9. TAKE INSPIRED ACTION

One of the biggest misconceptions about manifestation is that if you simply believe it, repeat the affirmations, and visualize, the money will just appear from the sky. While in some cases money does have an unexpected arrival, taking inspired action is the fastest way to manifest money. I would not be at the financial level I am today if I just waited for it to come to me. When you get an inspired nudge to start a business, sell your unwanted items, ask your boss for a raise, start a side hustle, that money you desire will flow in like a TSUNAMI.

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Write out 3 ways you can take action TODAY to get yourself on the fast track to manifesting money

10. STAY CONSISTENT

DO. NOT. GIVE UP. I repeat, do NOT give up. Manifestation is a long term game. You can apply it immediately, but it requires patience and LETTING GO. When you've gotten crystal clear on your ideal income, your only job is to take inspired action and LET GO of the outcome. That is the beauty of manifestation. Stay consistent with your goals and money mindset and the Universe will respond. The KEY to manifesting your ideal income is staying consistent and never giving up.

ABOUT KATHRIN ZENKINA

Kathrin Zenkina is a #1-Ama-zon-Best-Selling Author, host of the Top-20 Podcast, the Manifestation Babe Podcast, powerhouse expert on the art of manifestation, master mindset coach, and founder of the globally renowned personal development brand - Manifestation Babe®. What first began as a journey of self exploration has since boomed into a \$5M+ company. Manifestation Babe's mission is to impact the world by modernizing ancient wisdom and simplifying universal principles to help women achieve their once "impossible" dreams. Living as an authentic example of what is possible when you activate the hidden power of the mind, Kathrin has inspired and transformed hundreds of thousands of lives worldwide. Kathrin's unconventional style for teaching is practical, down-to-earth and easy-to-digest so that ANYONE can benefit from her podcast, social platforms, and digital courses. Follow along Kathrin's journey on Instagram at [@manifestationbabe](https://www.instagram.com/manifestationbabe) or check out her latest offerings at www.manifestationbabe.com.

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