

5 STEPS TO
MANIFEST YOUR
SOULMATE

with Kathrin Zenkina



**AN INTERACTIVE E-BOOK GUIDING YOU
TO FIND YOUR IDEAL PARTNER IN LIFE**

MANIFESTATION BABE

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HELLO GORGEOUS SOUL!

I'm SO happy you downloaded 5 Ways To Manifest Your Soulmate! This E-book was designed to be an interactive workbook that will get you CRYSTAL clear on your ideal partner. I recommend you fill out the questions as you read through the E-book and have FUN with it! Remember manifestation is about letting go of the HOW and WHEN. By the end of this E-book you will be clear on who you envision as your soulmate and learn how to manifest them without attaching yourself to the outcome.

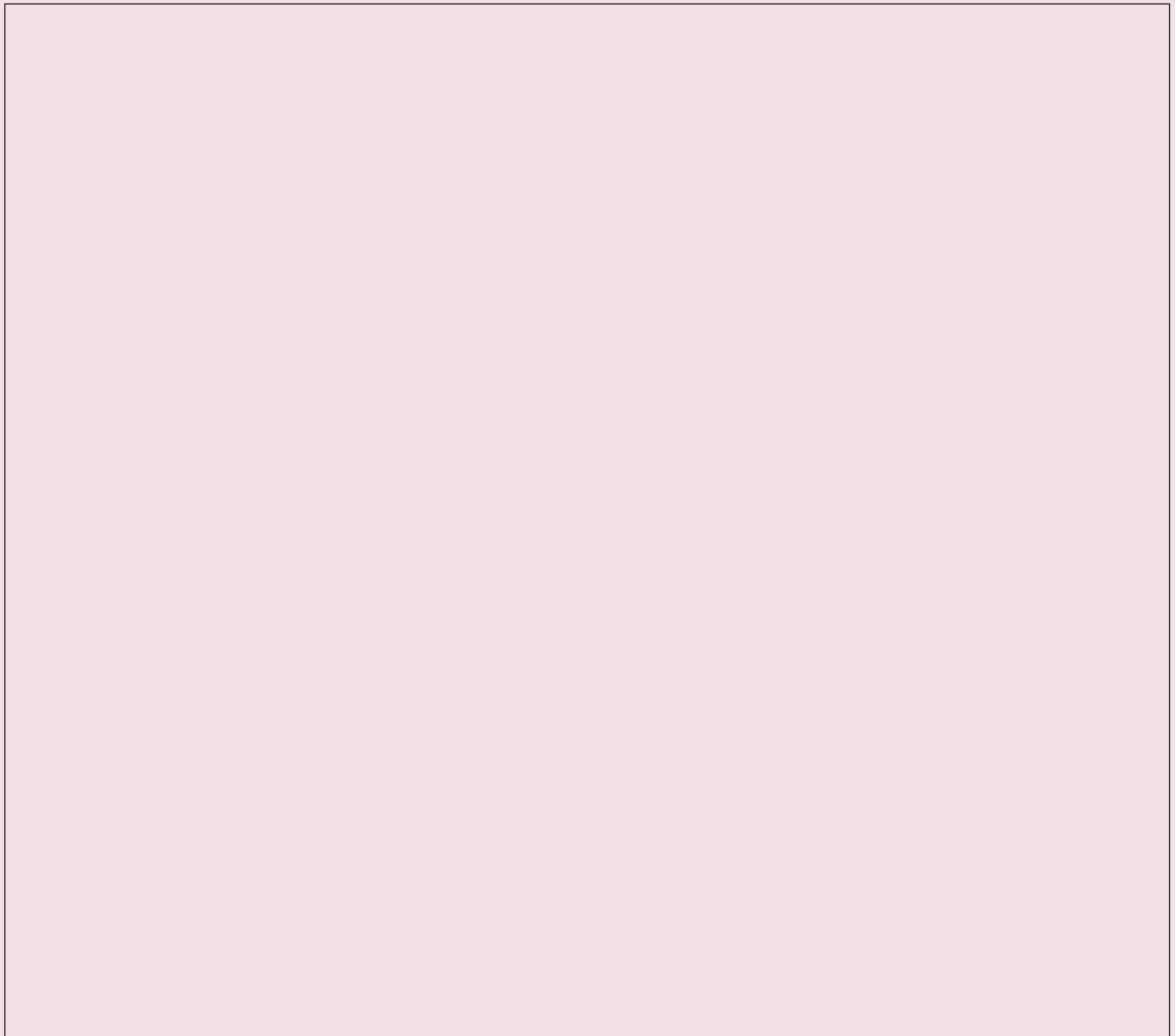
HAPPY MANIFESTING!!

Kathrin Zenkina

1. ASSESS & CREATE

One of the most beautiful things about manifestation is allowing yourself to view your life from a different lens. It is one of the most introspective practices out there. Take a look at your life right now and begin to uncover WHY you desire to find your soulmate in the first place. Assess where you currently are in life BEFORE you start to get clear on your desired ideal partner.

1. Are you in a committed relationship right now?
If so, how do you FEEL in that relationship?

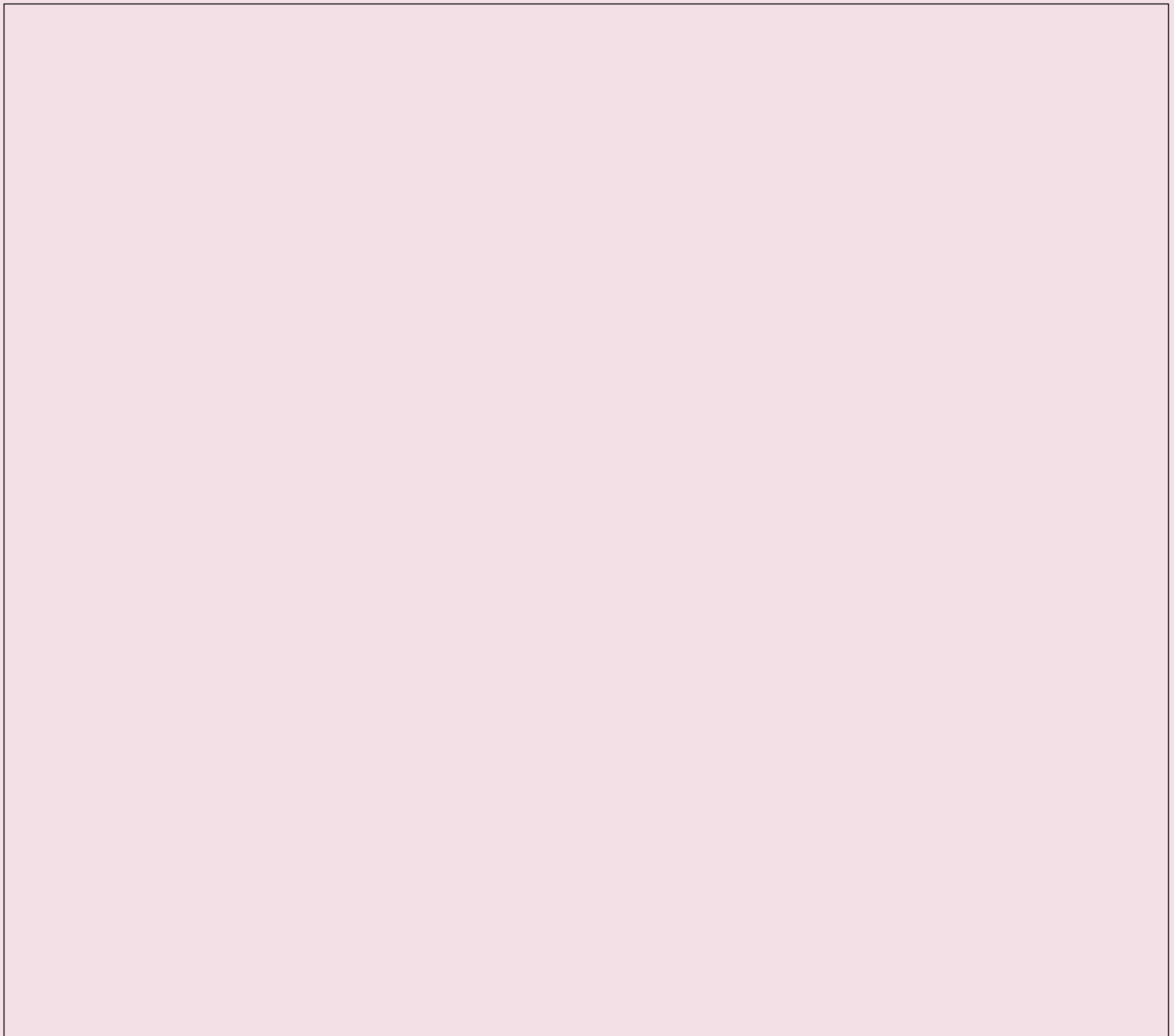
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2. What have your past relationships looked like?

3. Why do you want to manifest a soulmate at this time?

Now it's time to get crystal clear on WHO you want your ideal life partner to be! This part of the exercise should be fun and exciting, but I also want you to be very intentional about what you write down. If you want someone to have an attractive figure, ask yourself WHY that's important to you. Do you value someone who cares about their wellbeing and health, or is that a characteristic you are attracted to? Dig deeper and deeper into what it is you DO want.

1. What does your ideal partner look like?
(list all PHYSICAL characteristics)

A large, empty rectangular box with a thin black border, intended for the user to write down the physical characteristics of their ideal partner.

2. What does your ideal partner do for a living?

3. What kind of conversations/beliefs do you and your ideal partner share?

4. How do you want to FEEL with your ideal partner?

5. What will you not tolerate in a relationship?

6. Who do YOU need to be as a partner in a relationship?

2. DETACH FROM THE OUTCOME

LETTING GO OF THE “HOW” & THE “WHEN”

A part of manifestation that tends to be challenging for some people to understand is detaching from the outcome. Manifestation is an INTANGIBLE practice. It is a practice that works the muscles of the brain to believe it BEFORE we see it. When manifesting your soulmate, your mind must be in a trusting space to allow the Universe to create the magic for you. A common mistake people make when manifesting is begging, pleading, and needing their desire to come to life. The Universe does not resonate with desperate energy. It grants the wishes of those that are certain, trusting, and so at peace with their desires that it doesn't matter whether it comes to fruition or not. Remember, desires are nothing but a FEELING. It all comes back to what manifesting your soulmate would FEEL like for you. Tap into those emotions and let go completely. You will be amazed at how quickly the Universe will listen.

This is a contract you're signing with the Universe declaring that you are clear on your desired ideal partner. Insert your name below, read the contract out loud, sign and date it, and simply let go.

I _____ declare that I am letting go of HOW I will find my soulmate. I trust that the Universe is always guiding me and divine timing is always in my favor. I am letting go of WHEN I will find my soulmate. I am falling deeper in love with myself every day and opening space for the Universe to work its undeniable magic.

Signature:_____

Date:_____

3. FALL IN LOVE WITH YOURSELF

Now that you've let go of "how" and "when" you'll find your soulmate, it's time to work on falling in love with yourself. This may not have been something you were expecting when manifesting your ideal partner, but I actually believe it is THE most important point I talk about in this workbook. Being unapologetically happy and obsessed with loving yourself is the KEY to not only finding a soulmate, but being an incredible partner. When you really love who you are, every inch and every flaw, you will undoubtedly let go of any and all expectations from others to fill an empty void. When you strive for BIG goals and have dreams for YOU, you will no longer feel the NEED for someone to fulfill that space that might be missing in your life. A soulmate is someone who is so deeply connected to you and fits into your life like a puzzle piece. They are an addition and enhancement to your life. If you view your ideal partner from a perspective of "lack" the Universe will only deliver more lack. I want you to get SO excited about being single and be OKAY with being alone. You already have everything you "need" inside of you. Look internally, let go of need, and fall madly in love with yourself.

Below you will find guiding journal questions to tap into your self-love. These questions are designed to help you uncover those deep emotions and practice loving yourself on a daily basis. After you complete the questions, your objective is to practice this daily. If it feels uncomfortable, keep going. The key is repetition. The more you practice loving yourself, the more those feelings will come to life.

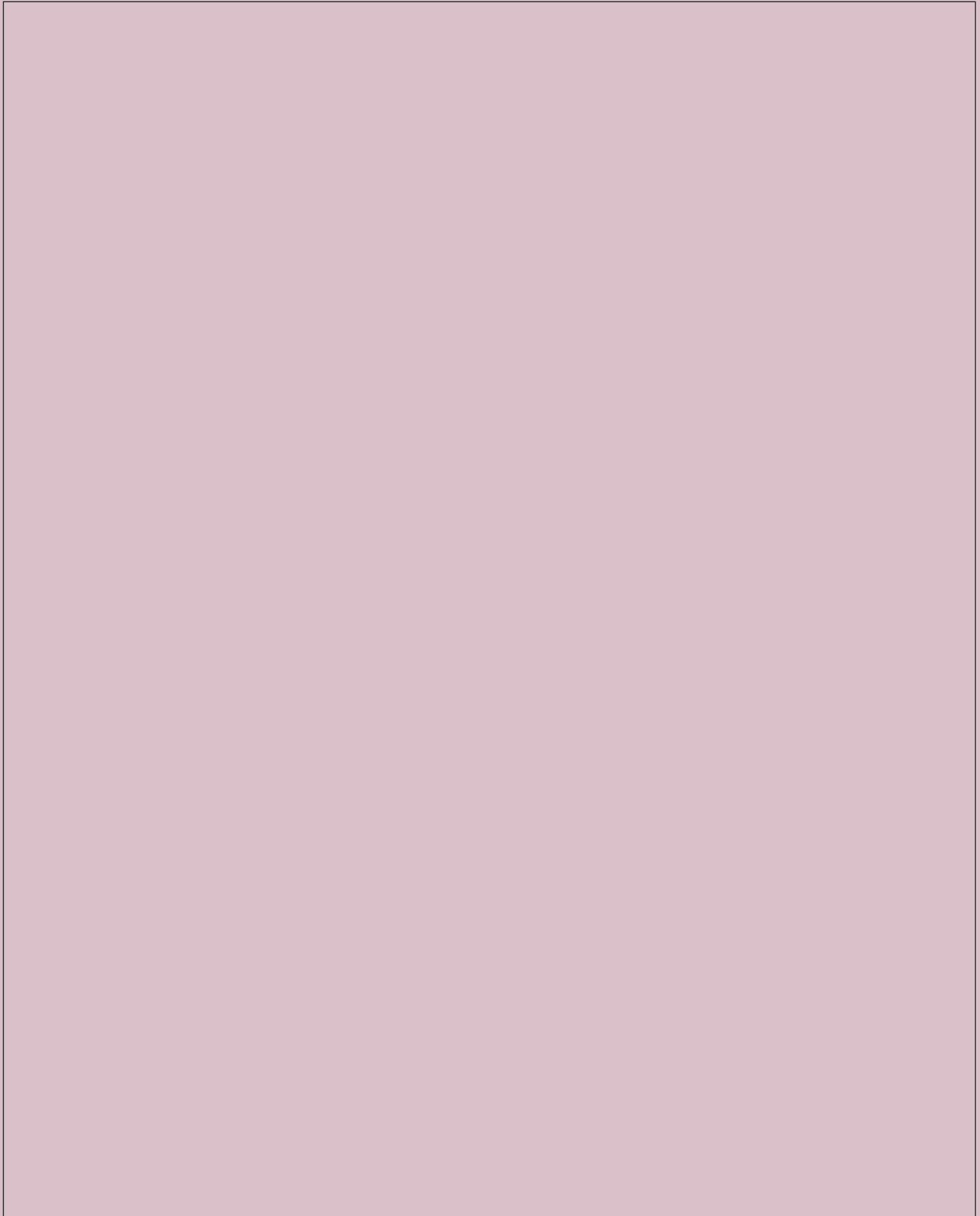


SELF LOVE JOURNAL QUESTIONS

1. List 5 personality traits you LOVE about yourself.

2. List 5 physical characteristics you LOVE about yourself.

3. Fill in the blank “I am____.” (10X)

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SELF LOVE CHALLENGES TO TRY

- ☒ Do something for yourself everyday that makes you happy. Take yourself out to your favorite restaurant. Go on a long walk in nature. Treat yourself to a coffee. Watch your favorite Netflix show and lounge by yourself. Do something solely based on YOU that brings you joy.
- ☒ Leave yourself a post-it note reminder with the “I am” affirmations you filled out above. Hide them in your bags, on your mirrors, or in your pockets. You’ll find little self-love surprises as you go about your day.
- ☒ Every morning look in the mirror and read your list of 10 things you love about yourself out loud.
- ☒ Establish a morning and evening routine dedicated to doing things that make you feel high-vibe and are centered around things that bring you joy.



4. FOLLOW YOUR INTUITION

A common question I receive around manifesting your soulmate, is how we actually “know” they are our ideal partner. This applies to you whether you are searching for your soulmate or you’re trying to figure out if your current partner is “The One.” It always falls back on your intuition. All the exercises above were designed to get you focused on how you’re FEELING. The next steps are simply to acknowledge what comes up for you and take action from there. If you know my husband Brennan and I’s story, you’ll know it wasn’t exactly an easy one. There were definitely moments where I could have given up and just said he wasn’t my soulmate. The greatest thing I realized was that he DID match up to everything on my ideal partner list, but many of those things we EVOLVED into as a couple. I felt compelled to continue to work together through our differences. There was never a moment where I considered a new partner. That is what following your intuition looks like. The feelings you experience with someone in a relationship, are the compass that is leading you down the right path. It is the feeling of fulfillment in a relationship that works right alongside your intuition.

Next is a beautiful visualization practice you can do to really quiet your mind and tap into your intuition.

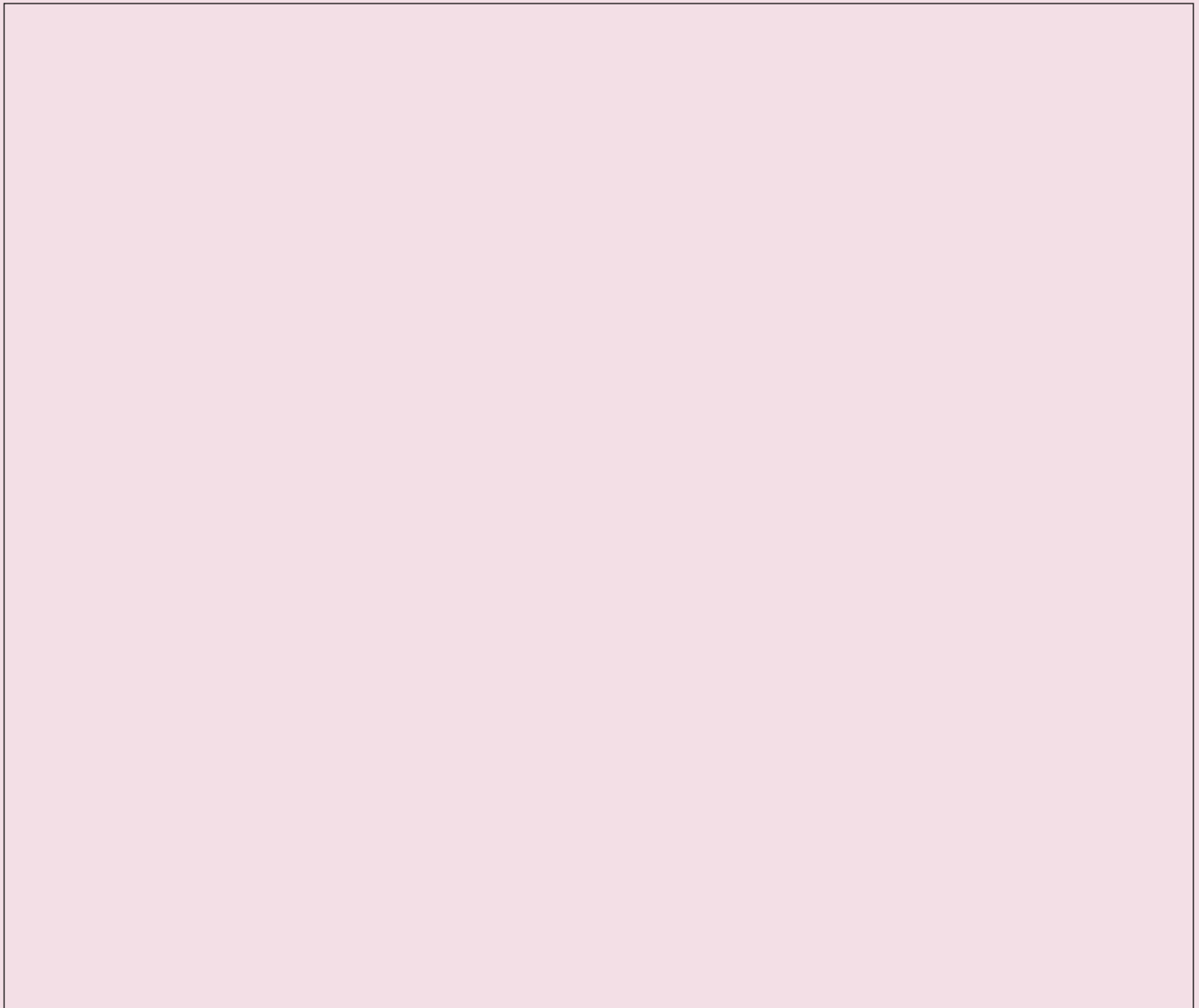


VISUALIZE YOUR SOULMATE

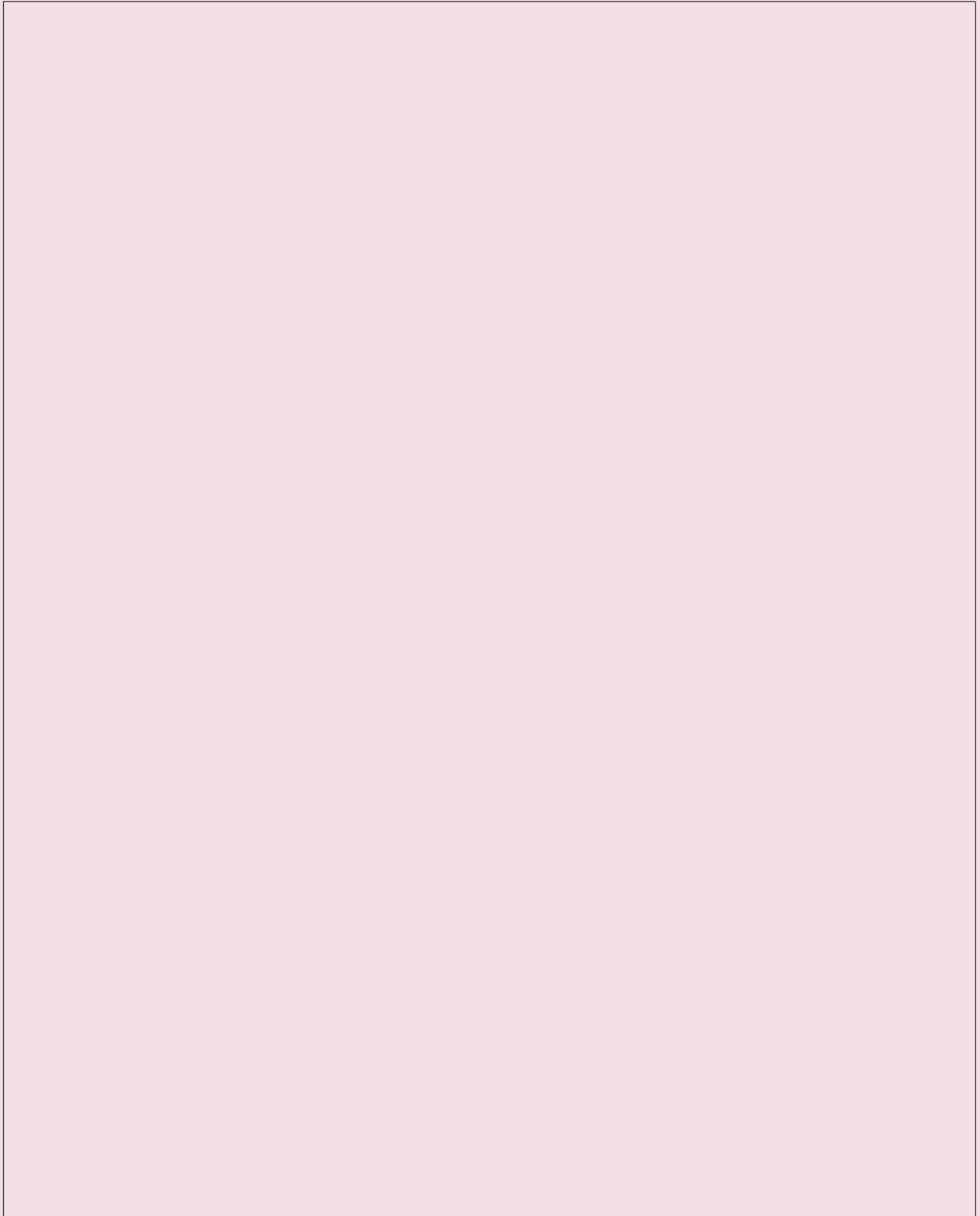
Sit in meditation with your eyes shut visualizing your soulmate. Visualize each of the characteristics you listed above. Once you have a clear image, focus on your deepest feelings and the emotions that come up for you. In a journal describe your visualization session.

1. Who did you visualize?

If you are in a relationship, was it the partner you are with or a different person?

A large, empty rectangular box with a thin black border, intended for the user to write their journal entry about the visualization session.

2. What feelings came up for you?

A large, empty rectangular box with a thin black border, intended for a user to write their response to the question above it.

5. HOW TO GET YOUR PARTNER ON BOARD WITH MANIFESTATION

When I wrote my ideal partner list years ago, I remember stating that I wanted my soulmate and I to connect on a deep level through manifestation. I wanted him to really believe in the practice, manifest his own desires, but also work together to manifest the reality of our dreams together. That is NOT something Brennan was interested in from the beginning. Instead of “forcing” him to believe or trying to constantly convince him, I decided to simply just show him. Through my modeling of the beauty of manifestation, Brennan’s curiosity arose and slowly his practice EVOLVED. As we grew in our relationship, he made more and more shifts without feeling the pressure from me to believe in something.

This is something that not only applies to your soulmate, but also to any relationship you have in your life. Manifestation is a very complex concept for some people. The Universe will not work effectively if it is forced into anyone’s life. Manifestation always reaches people when THEY are ready. Remember, this is not a “one size fits all” kind of practice. We each have our very own desires. Stay true to what you believe and down the line your partner will see all the magic the Universe has to offer. Show them the results of manifestation through your own work and that will be a catalyst to their growth.

