



Bad day? Feeling off? Low vibing?
You're human. It's all good. Breathe.

THE WORKBOOK

*To help you raise your vibration
& pull you out of a dark place quickly.*

MANIFESTATION BABE
by Kether Jenkins

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ARE YOU JUST FEELING BLAH?

I know, I feel ya. We've all been there.

As a mindset coach who's worked with thousands of women to help raise their vibrations, break through their limitations and manifest their dream realities, many are surprised by my low vibe days.

"What? Kathrin feeling off? Having a bad day? How could she? She is the creator of Manifestation Babe! She seems so happy and aligned all the time!" I DO. I definitely do. I feel incredible at least 95% of the time. That last 5% is inevitable.

See, in the world of Law of Attraction, coaches, speakers, authors, etc... we don't talk about this enough. We avoid negativity. We push it down and ignore it like it's the Devil. We believe that by suppressing negativity, we prevent it from manifesting. Heaven forbid, we manifest something "bad."

The great news is that this couldn't be further from the truth. We are all human beings here. We are not going to be happy and positive 100% of the time. Although we can strive for the 100%, the bad days teach us incredibly important lessons. Whether we are learning to take it easy, relax a little, or deal with wounds from the past, it all serves a purpose. Feeling off, bad, or low vibe from time to time isn't the end of the world, nor will it cause you to manifest negativity.

Keeping it inside, however, will force you to have more bad days because you are repressing the lesson you are trying to learn--or that the Universe wants you to learn.

Suppressing the negativity causes you to manifest more of it because it stays inside of you. Working through it releases it for good. I created this workbook based on the exact processes I use to learn my lesson faster, raise my vibration, and pull me out of a dark place. Life is way too beautiful to feel low all the time.

You deserve to learn the tools that you need in order to work through your emotions. This workbook is your new tool. Use it, enjoy it, feel the relief.

xoxo Kathrin Jenkins

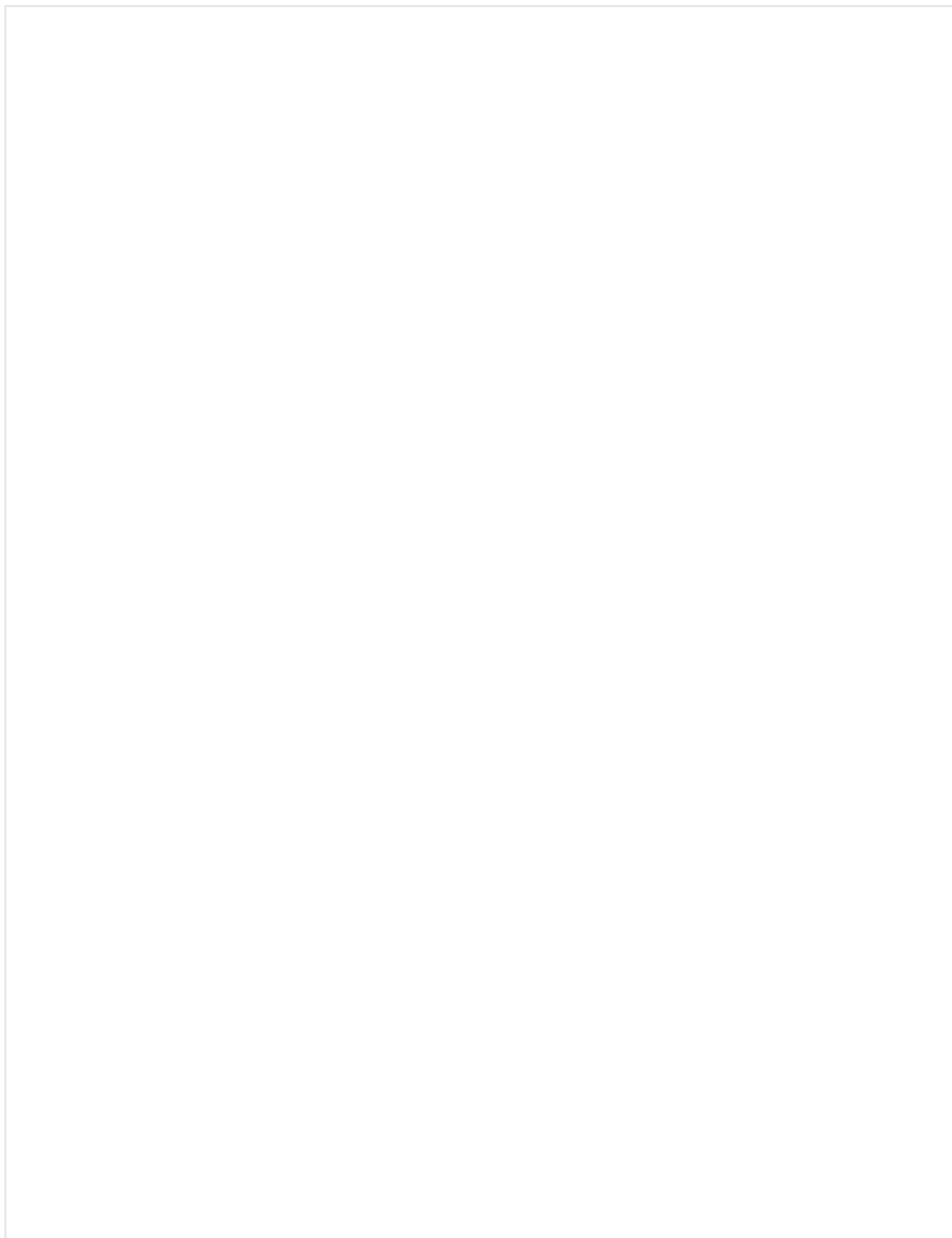
HONORING YOUR FEELINGS

- 1 Use this space to describe HOW you FEEL right now.

- 2 On a scale of 1-10 (with 1 being “not really bad at all” and 10 being “OMG really bad”) how would you rate the intensity of these feelings and how much they’re affecting you right now?

- 3 Use the space below & on the next page to write out everything that’s bothering you. Let it all out. This is a safe space to explore your thoughts. The more you write, the more you release from the depths of your mind, thus overcoming it faster.

HONORING YOUR FEELINGS



EXPLORING THE MEANING

- 1 Why do you believe that you feel this way? Was there a trigger or source that caused your emotions to spiral downward?

- 2 What are some questions that you'd like to ask your higher self or the Universe about the way you are feeling?

Take 10-15 minutes to close your eyes and meditate. Yes, take the time to do this! The answers to the above questions may or may not come through in this time period, but either way, showing the Universe that you are ready to receive will open you up to the flow of guidance that you are seeking. See what comes up!

EXPLORING THE MEANING

- 3 Did anything come through in your meditation? What does your higher self want you to know about the way that you are feeling? Do some free writing below, inviting the guidance to flow through your hand.

- 4 How do you feel right now? Did letting it out and asking for guidance help? If yes, yay! If not, don't worry. We still have more to do.

HEALTHY DISTRACTIONS

What you focus on expands!










You've heard this statement at least a million times before, but it's especially relevant right now. If you keep focusing on the fact that you're feeling off, having a bad day or stuck in a low vibration, all of those emotions will expand causing you to feel worse.

Using the healthy distractions checklist, our goal is to take focus off of you and refocus on something else. You'll quickly find that as soon as you lose yourself in a distraction that serves you, your low vibe feelings will pass.





On the next page is a large checklist of things that I do when I'm having a bad day. I give you this list because I have found that they work really well for my clients too. Choose any, or all of the things listed below, and feel free to choose your own distraction too. There is no right or wrong here.

What works, works!

CHECKLIST

-  Find a comedy or stand up show that's guaranteed to make you laugh. Laughter is the master of inducing high vibes.
-  Find a charity and volunteer your time for at least an hour. Sometimes helping others is the best way to help yourself.
-  Make a list of 10 things you're grateful for. Even in the shittiest of times, your heart is still beating. There is still so much to be grateful for. It's impossible to feel sad and grateful at the same time.
-  Put on some music and jump up and down like a crazy person for the whole song. I swear on this. It. Just. Works.
-  Send a letter/text/email to someone you care about letting them know how amazing they are. List all their amazing qualities and what makes them so special. Make it epic.
-  Plan something to look forward to. It can be a trip, a dinner out with your boo, or a concert with a friend. Remind yourself that the best is yet to come.
-  Take the day off of social media. Sometimes our anxiety comes from watching everyone's highlight reels. Sign out of Facebook until tomorrow.
-  Play with an animal. Whether it's your dog, cat, or parrot, animals have a way of making us feel better.
-  Sleep it off. If you've journaled it out, asked for guidance, meditated, and distracted yourself... and it's still not working... it's time to take a nap. Sleeping allows us to recharge and recover not only physically, but emotionally as well.

NEED SOME EXTRA HELP? *I got you!*

-  Join the [Manifestation Babes Facebook community](#) to surround yourself with other like-minded high vibe babes.
-  Follow me on [Instagram](#) for more inspiration, tips, and resources.
-  Subscribe to [Manifestation Babe Podcast](#) for your daily dose of personal development for all things manifesting, mindset & money.
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