

## Office Hours: What Are You Manifesting?



### Full Episode Transcript

With Your Host

**Rachel Rodgers**

[Million Dollar Badass](#) with Rachel Rodgers

## Office Hours: What Are You Manifesting?

Welcome to *The Million Dollar Badass Podcast*. I'm your host, Rachel Rodgers, wife, mother to four children, lover of Beyoncé, coffee drinker, and afro wearer, and I just happen to be the CEO of a seven-figure business. I am on a mission to help every woman I meet become a millionaire. If you want to make more money, you are in the right place. Let's get it going.

Hello, friends. Welcome to Office Hours. I'm showing you behind the scenes in my Million Dollar Badass Mastermind. Every week, I get together with a group of ambitious, intelligent, brave women and deliver a motivational pep-talk, sometimes in the form of a kick in the ass, okay. And afterward, I answer specific questions from members who need help on strategy, hiring, marketing, working with clients, getting more clients, all of the things that come with building and scaling a successful business.

So, to get access to that good stuff, make sure you join my email list on [helloseven.co](http://helloseven.co). You'll be the first to know when I open enrollment for the next Million Dollar Badass cohort. Until then, grab some tea and get ready to take notes. It's Office Hours.

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Hello, friends. Today, I want to talk to you about manifesting. What are you manifesting with your energy and your thoughts and what you are focusing on? A lot of us are manifesting problems because we're all focused on problems.

We're focused on all of the ways that our dreams are not going to come true, all of the obstacles in the way, all of the ways that this is not going to work, this can't happen, that doesn't happen to people like me, whatever nonsense is in your brain. And yes, will you have obstacles? Of course, you'll have obstacles on this journey to create whatever it is that you're trying to create.

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However, you have to stay focused on what you want to make happen and recognize that, to use a Marie Forleo-ism, right, Everything is Figureoutable, so you can solve the problems. You can get them out of the way.

And you know how you know you can solve them? Because you are determined to, because you have decided to. That is the best determining factor of whether you're going to overcome these issues or not. It's have you made the decision to overcome them or have you decided to be defeated by the problems that you're presented with?

That's really what it's about at the end of the day. What is the decision that you have made about the goal you're trying to reach? Is it too much? Is it insurmountable? Is it impossible? Is it not for you? Or is it something that you're going to figure it out, you're going to solve that problem?

"I'm not sure how I'm going to do it yet, but I will figure it out. I don't know how I'm going to make that money happen, but I will. I don't know how I'm going to get my clients to agree to this higher payment, but I'll find a way. I will find a way to make it happen. I will find a way to solve that problem. I will find a way to make my dream happen."

Committing to it is how you solve it. You have to make the decision. So ask yourself, what am I deciding? What have I decided today that's going to happen this week? What have I decided that's going to happen with whatever my current goal is, whatever my next launch is? What have I decided is going to happen on this sales call? What have I decided is going to happen on this webinar? What have I decided is going to happen after I send this email?

Because the energy you're putting out into the world matters. I'm a very practical person. I'm a lawyer. I like numbers. I'm analytical. But trust me, I understand energy matters.

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So, I wanted to tell you two stories about manifesting. So, the first one is, when I was in law school – I think this was my second year of law school, or maybe third, I don't remember. I think second year. And I was a part of this mediation course, right? Over the winter break, you can take a course and I took a course on mediation and learned how to mediate, conflict resolution without going to litigation, without going to court.

And I learned it from this amazing woman named Leila Love. And I was so fascinated with this idea of solving problems without having to go to court, and that there was an actual science to how to resolve conflict. So I went through this course, and at the end, there's this, like, essentially a competition where you get to perform.

So now you get to use your meditation skills. You're presented – you're the lawyer, there's another attorney on the other side and you're both representing clients and you're given a scenario of facts and you have to go into a mediation and find a way to get a resolution that works for your client, but it has to be a bit of a win-win. And usually it's a give-give. Everybody has to give something, but you have to come to a resolution.

And how you perform in that competition determined whether you would win the prize. Now, the prize was a trip to Paris – y'all know that's one of my favorite places. So the prize was a trip to Paris where you get to represent my school, Cardozo Law School, at this mediation competition and go against all of these other European schools, and a couple of other US schools as well, and represent your school and compete in this mediation competition.

Now, not only is it a trip to Paris for a week – and if you do really well in the competition, you might stay for a week and a half, because if you keep advancing in the competition, you get to stay that whole time. So not only do you get to go and represent the school, but the other thing was it happened to be falling on my birthday.

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So I'm like, "Wait, so I get to go on an all-expense paid trip to Paris, I get to do this amazing thing and represent my school, which I'm really excited and passionate about, and it's on my birthday? I must have it." So as soon as I learned about it at the beginning of the class, I was determined to make it happen.

So, I was so interested, I read everything, I prepped for everything, like I was ready. And arguably, I had the hardest competition. I had a guy in the class who had experience with this and he was a very aggressive – a black guy, I can't remember his name. He was a bit of a douche too. He had a bit of a douche vibe. He just was feeling himself.

And he thought that I was no competition to him. He was like – I think he was a third year and I was a second year. And I was a little intimidated going in, but I was like, "I fucking want this. I'm winning." It was only two spots. There was two people from the class that would win, and I was like, "I'm getting one of these spots and I'm spending my birthday in Paris for free."

And I went into that competition and I freaking blew the doors off and kicked this guy's ass. My instructors were so impressed, they couldn't stop talking about it and they were like, "Hands down, you win," right? Like, on the spot.

And I was so thrilled that I had made that happen and I was like, man, I made that happen. Like, I literally manifested it. I knew, I focused my energy on it, and that shit happened.

And so I want to tell you about one more manifesting time. So another manifesting time just happened today. I took this class called The Do Better Academy with Luvvie Ajayi. I don't know if you guys know Luvvie. But she is doing a class on speaking. And Luvvie is an incredible keynote speaker. She does, like, 30 to 50 keynotes a year, and that's with her turning down a

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whole bunch. She charges \$35,000 a keynote. She's badass. She's also a New York Times Bestseller, amazing black woman that I was like, "Yes, I want to learn how to speak from this woman."

So I signed up on the spot for her class as soon as I heard about it. So I took the class. It was amazing. And part of it was that there was a competition, again, where you could win a spot for a paid speaking gig to speak at this event for women, right, and you could submit your, like, the keynote that you had prepared in the class and then they would choose who the winner would be.

And I was like, "I'm winning this competition." I just went into it fully believing that I could win and just was like – you know, and the thing is, your actions follow your thoughts. I felt that I could win, and so that means that I made my outline the best that I felt it could be and I just was like, just putting all of my energy into it and I just trusted that it could happen.

When I finished my outline, I submitted it and then I posted a picture of, like, me working on it online and tagged Luvvie and said, like, "I'm working to make this happen," so letting her know I want it. I posted in the forum for the class that I really wanted it and that I was really excited about it. So I was letting them know, I want this and I'm in it to win it.

And then, of course, I put the work in to make it happen. And I just got an email. I won. I won the spot and I'm going to get this paid speaking gig, which is a huge opportunity. And I'm like, "Holy shit, I manifested that."

So, that's why I wanted to talk to you about manifestation today. So I want you to think about, what are you manifesting? What can you bring all of your focus on and believe and trust with everything in your being? And that's what it is.

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You have to trust it, and it's scary to do that because you think, "No, what if I don't win it? What if I tell everybody and then I lose? What if I try really hard and then I fail?" That's the risk you've got to take to manifest. You've got to go all in and you've got to believe, even though there's this risk that it won't happen, you've got to go all in. You've got to go there with that belief.

So what are you going to manifest for yourself? What is it that you really, really want and how can you foster the belief in that, but then also have your actions follow? Really trust that you can have that thing that you want and declare it out loud.

So I invite you to go into the Facebook group, declare the thing that you want to manifest for yourself, and then go out there and make your actions match your words.