

YOUR INNER BABE // ISSUE 9 // VOLUME 1

# BEYOND THE INNER BABE



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## July's Quote:

"GROWTH IS PAINFUL. CHANGE IS PAINFUL.  
BUT NOTHING IS AS PAINFUL AS STAYING STUCK  
SOMEWHERE YOU DON'T BELONG."

## SPIRITUAL FORECAST

By Alexa Sharwell

July offers a sweet reprieve after the intense energy we felt through the eclipses and retrogrades of June. Last week we moved through a Cancer New Moon. Allow yourself to feel at home within your mind, body, and soul and nurture yourself. On July 13, Venus and Mars line up in the sky in a rare conjunction bringing together your masculine and feminine energy. On July 22, the Sun moves out of the emotional water sign of Cancer and into the fiery, creative sign of Leo. Cancer season allowed us to reflect and recharge, and Leo season will bring us expansive and innovative opportunities. Towards the end of the month, we will have the first of two Aquarius Full Moons, bringing you transformation that will continue to be illuminated throughout August.

## Anthem of the Month 'TRANSPARENT SOUL'

BY: WILLOW  
FT. TRAVIS BARKER

## LET'S TALK ABOUT... FRIENDSHIPS

Making (and keeping) genuine friends is hard. Growing up it always seemed easier to make genuine friends because they were built-in and convenient. But as you grow and change so do your needs, and you might find that your old friendships no longer fit with your new life. It often becomes much more difficult to maintain friendships that do not align with your highest self, and it is important to seek out friendships that will be supportive and fulfilling. If you find yourself in this position, but don't know where to start, we have put together some tips to help you create meaningful connections in your 20s.

- Seek out volunteer opportunities. You can even join a junior league or the board of a charitable organization! This is a great way to meet new people while also being a part of something that you are passionate about. Plus, it is easier to connect with people who share similar values or care about the same causes as you.
- Join a team sport. There are so many sports to choose from and they are typically offered all throughout the year. The consistent game schedule naturally allows for you to see the same people over and over again, which will give you plenty of time to get to know them.
- Take a class. What are you interested in learning or have been wanting to try? Maybe there is a popular fitness class that you have heard about. Or maybe you've always wanted to take a cooking class or learn French. The possibilities are truly endless. Raising your vibration, and doing something that you love, will open you up to meeting others who match your energy and are similar to you.
- Spend time outside of work with your co-workers. These are often people that you are already spending a lot of time with in a professional setting, but you may find that you have shared outside interests. Ask a co-worker to dinner or a happy hour. This is something that the team members at Your Inner Babe do all the time!
- Go on a "friend date". There are tons of apps to download that will match you with people in your area. Invite someone to coffee or brunch. While it may be intimidating at first, it is good to know that everyone on a friendship "dating" app is looking for the same thing- to make genuine connections and friendships.

Remember that as you seek out new friendships, you will find your people as long as you continue to stay true to yourself and own your authenticity.

# CLIENT SPOTLIGHT

## YIB'S INSPIRATIONAL CLIENT Q&A

**Q:** What has your experience been like interning and being a part of Team YIB?

*A: Interning for Your Inner Babe and Jacq was (and is) a dream come true. From the moment I got off the free 30-minute call with Jacq, I knew this was going to be something life-changing for me. Once I graduated Reconnected and 2.0, I was still searching for more as I knew I still had work to do within myself. Once I heard about this opportunity, I was ecstatic and so excited. Getting to give back to the person and company that forever changed my life is a dream. I get to develop a pool of new ideas and see my work being put together for the community. I get to see how all of the YIB magic is made, which is incredible. Working with the entire YIB team and having Jacq as a boss is incredible and something that I am forever grateful for.*



*Ava Edelman*

**Q:** Why did you feel the urge to become reconnected?

*I felt the urge to become reconnected in so many ways. Everything was hitting rock bottom, I felt stuck, and I knew something needed to change. Quarantine truly got the best of me, like so many others, and I was really struggling with myself. I felt as though anything and everything was not working in my favor. After following Jacq and hearing so many great things about her from people who I am close to, I took the leap and it was the greatest leap of my life. Going through Reconnected was one of the best decisions of my life. It allowed me to be me and connected me with an entire group of women who are so strong and a forever family.*

**Q:** What rituals do you practice to stay connected to yourself?

*A: The power of staying connected was so hard until I found YIB. Through YIB, I have learned that I am the most authentic version of myself when I am grounded and connected. Journaling regularly allows me to get everything out without judgment and it gives me a chance to come back to myself. In the moments of anxiety and high levels of stress, putting my hands on my heart is one of the quickest and one of my favorite ways to reconnect back to myself. Along with those, a facetime call and a walk is my happy place and something that will always be there for me.*

# CLIENT SPOTLIGHT

## YIB'S INSPIRATIONAL CLIENT Q&A

Q: How do you find balance between school, your social life, and taking care of yourself?

A: *Staying consistent and reminding myself it is ok to say no. I often try to juggle a lot of things at once. Being able to remain in a consistent routine allows me to ensure I am taking enough time for everything I want to do. Learning to say no is something that I struggle with, but if this past year has taught me anything, I have learned and gotten so much better at saying no. By saying no to something I do not want to do or that will not serve me has allowed me to find balance in my life within my social life and school life. While my school and social life over the past year or so has looked completely different than in the past, I now know how I am able to find that balance when I need it most. Reminding myself that I am my first priority is something that has also allowed me to find balance. I am staying consistent and allowing myself to say no- something that has helped me find the balance and make sure I am checking in with myself while using rituals of self-connection to keep myself grounded.*

Q: What motivates you?

A: *There are an immense amount of people and thoughts that motivate me. I am motivated because I put myself first. Not only myself but also my friends, bettering others and celebrating the little and big things in life are some of the things that motivate me and inspire me. I love being my own cheerleader and people's biggest cheerleader. Surrounding myself with the people who light me up and make me happy is how I stay motivated and authentic to who I am.*

Q: How has your life progressed since making lifestyle changes to become more connected?

A: *I have learned that healing is never linear, and I will always be working on myself. Since becoming more connected to myself, I realized that I just needed to find the most authentic version of me and allow myself to be me and not what others want me to be. I have learned that my toolbox is full of tools and that it is okay to let the bad days be bad. I am able to recover a lot faster than before. Now I can love myself more, feel confident in myself, let my inner babe shine through every day, and remember who the hell I am.*

## UPCOMING GROUP SECTIONS

Reconnected

EVENING:

Mondays - July 12th  
Thursdays - August 26th



2.O

EVENING:

Wednesdays - Aug 18th  
Tuesdays - October 5th



Emerge

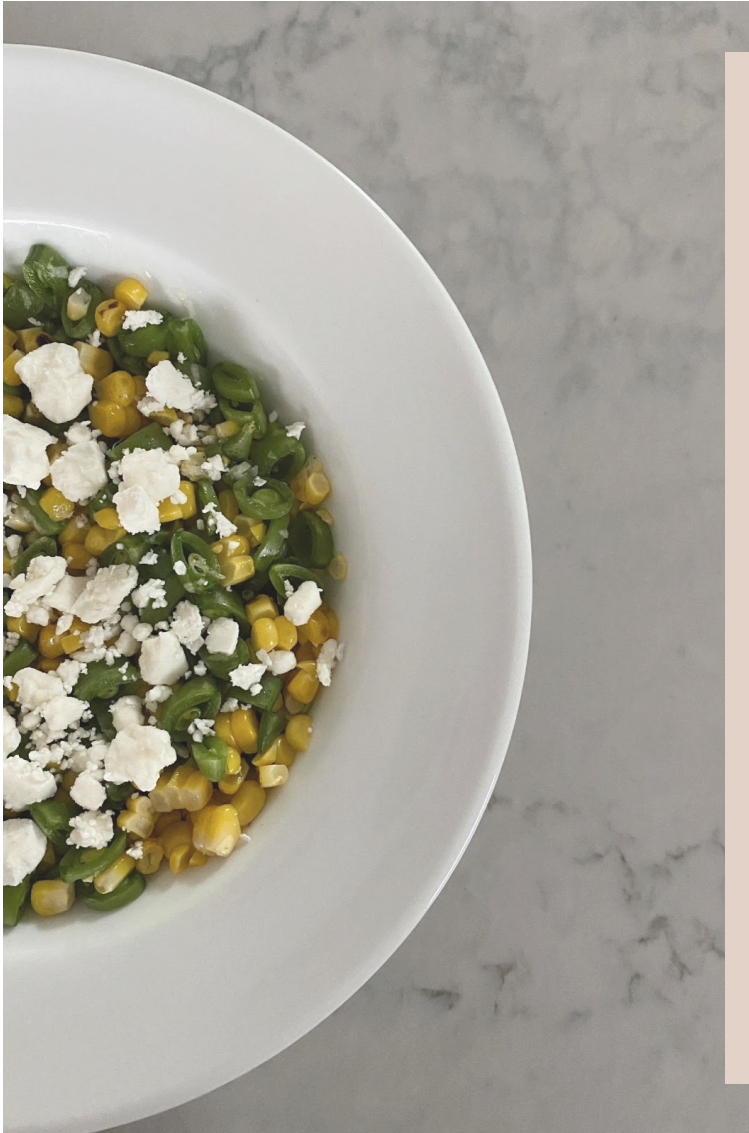
EVENING:

Wednesdays - July 14th

[Sign up here!](#)



# CAMERON DIAZ'S ROASTED CORN SALAD



## INGREDIENTS:

### For the Vinaigrette

4 TBSP CHAMPAGNE VINEGAR

2 TBSP OLIVE OIL

1 TBSP ORANGE JUICE, FRESHLY  
SQUEEZED

SALT

½ GARLIC CLOVE, GRATED

### For the Salad:

1 EAR OF CORN

½ CUP SNAP PEAS, SLICED FINELY

AVOCADO OIL SPRAY

CRUMBLED FETA CHEESE

## DIRECTIONS:

1. Make the vinaigrette by whisking together the vinegar, olive oil, orange juice, garlic, and a pinch of salt
2. Lightly spray your ear of corn with avocado oil and place onto a hot grill
3. Grill your corn over high heat until it is golden brown. When your corn is done, slice off the kernels
4. Finely slice the snap peas
5. In a bowl, add together the snap peas, roasted corn, and vinaigrette
6. Top with crumbled feta cheese, toss, and enjoy



# DEAR BABY,

It's 5:30 am and I'm up eating in my bed...

Blueberries now, but in weeks 5-9 it was toast with butter. You don't know this, but I had "worked" on my relationship with food and my body before we made you. I had conquered any sort of negative narrative. But every single day for 4 weeks straight, I found myself revisiting those old stories and being caught up in negative thought patterns.

One thing this first trimester has repetitively shown me, is that there is absolutely no end to healing (something I promise to teach you all about). There's a choice to keep in alignment with your highest self, but it isn't at all a linear choice. I already knew this, yes. I coach this, yes. But we all fall victim to thinking we're "done" from time to time. Especially when we put in enough work for that choice to become second nature.

Surrender has been my word since I found out that I was pregnant with you. Surrender to the loss of control, surrender to my body changing. Surrender to my emotions. Surrender to the unknown. I made a choice in 2013 that I was going to get healthy. That I was done being stuck and sick and I never looked back. Yes, I've had bad days before, weeks even and hard moments of course, but nothing prepared me for the first trimester of pregnancy. How could I possibly have prepared for or known about something that NO ONE EVER TALKS ABOUT?!

For the last 7 weeks, I've constantly felt split in two every single time I look in the mirror. One half of me is in awe of my body. I'm beyond proud of all that it's doing, of everything single stretch and tear and adjustment it's making to create space for you, this HUMAN I am growing. I feel strong, I feel powerful and sexy. I feel purposeful. The other half of me doesn't like what I see. I see my hips getting wider, my boobs getting swollen. I can longer see all my abs because I look so bloated. My arms feel bigger, my face feels fuller. On this side I feel vain, discouraged, and ugly. At times, I feel less than. I feel unworthy, guilty.

While I do not have control over these physical changes, I do have the power to play an active role in shifting my mentality. I AM capable of shifting those old stories in the moment (another thing I'll be sure to teach you all about haha). These are the stories that I write now and giggle at, but the same stories that destroyed me for years and years. I can shift the stories about what it means to me to not "look fit," or to "not have abs." I can actively choose to partner up with the right side of me- the side that is proud and feels honestly liberated by the inability to control the changes that are happening in and all around my body.

But honestly, baby... it is hard.

It's hard because I didn't expect to feel this way. I had spent so many years preparing myself for what I thought pregnancy "looked like." (Which makes me laugh now because who can prep for something so unknown, but that's so me). I vividly remember the day I saw what I thought was the coolest looking pregnant chick shopping in Miami and I looked in the mirror and told myself, "you're going to be just as beautiful". But, knowing what I know now after experiencing this first trimester, is that the woman I found so beautiful was easily 8 months pregnant. Kind of like you don't just wake up and become a butterfly, you don't just conceive and wake up with a huge bump, cute clothes, and glowing skin. There's SO MUCH that happens before you even remotely start to show, and it's so emotional every day until you get there.



One thing I refuse to do, whether you are a girl or a boy, is pass this kind of lens onto you. Or these stories. I know I'll mess up as a parent. I'll do the absolute best that I can, I promise you, but to make mistakes is inevitable. You don't just stop being human because you have a kid. But I know what's in my control. I must actively show up for myself, so that I can show up for you. I will strive to love myself fully so that I can teach you to do the exact same. How I speak to myself and about myself in front of you will make a MASSIVE impact on the lens that you end up seeing yourself through, in fact it will shape it and I will NOT let you walk through life and waste a single moment hating your body like I wasted hating mine. Mark my words my angel, that isn't even a remote option.

So yes. This first trimester has been a lot of carbs, but it's also been a lot of unexpected mental work. As well as rewriting old stories I thought I put to bed. It's funny because right before we got pregnant, probably for the very first time in my ENTIRE existence, I loved every inch of my body. Sure, I had been skinnier in my life, leaner, but I never felt the kind of love and adoration for my physical self the way that I had at that point. For whatever reason, I was at this point where I really didn't have to work so hard ever to play that active role I always talk about. But then I blinked, and my entire life changed overnight and slowly so has my physical self. It's shown me how fleeting it all is. How yes, it's important to love the skin that you're in, but also how irrelevant what you look like on the outside truly is. How yes you can adore yourself physically, but what about internally? The one thing that you can consistently work on and maintain is how beautiful your insides are because your outside can change in an instant.

My insides right now are beautiful because my insides are making you. A person. I'm going to give birth to you and you will then be my lifetime, baby. What I've been shifting those old stories into, is that same level of adoration for my INSIDES. For the part of me that can carry you. For my strength and resilience, because none of that is measured by what I look like.

A few weeks ago, I was in the car with your Dad and we were driving back downtown from having dinner with your Grammy and Papa. We had just gotten a Daily Harvest ice cream delivery and he made a comment about wanting some pistachio ice cream when we got back. I sat there for a second and then agreed, "yeah, honestly that sounds really good. I'll have some too." It was in that moment something clicked for me. I thought to myself how for years and years and years of my life I wouldn't have eaten the ice cream. For some of those years it would have been a restrictive or disordered reason. For others, I just would have decided intuitively I didn't need it. Did I want it? Sure, but I didn't need it. But in that moment, I realized that I can make every single health-conscious choice over the next 7 months of this pregnancy and my body will still change.

I can work out every day and worry about every single bite of food I take, but my body will STILL change. I can fight this process, or I can surrender to it. The ice cream sure as hell won't make a difference and in actuality it never would have made a difference. I just couldn't see it that way before, and baby, I have you to thank for that.

Love,  
Your Mama

# WHAT'S IN OUR BEACH BAG?

1. Serena & Lily Capri Fouta Beach Towel



2. Lack of Color Bucket Hat

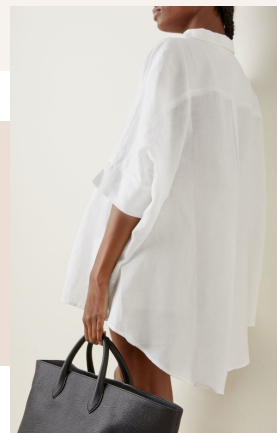


3. Elta MD UV Clear Sunscreen



4. Oribe Apres Beach Wave Spray

5. Zara White Linen Button Down





# WHAT'S IN OUR BEACH BAG?

## 6. Le Specs Sunglasses



## 7. YIB Connection Journal

*Journal Prompt:*

CREATE A BUCKET LIST OF THINGS THAT YOU WOULD  
LIKE TO ACCOMPLISH THIS SUMMER.