

YOUR INNER BABE // ISSUE 12 // VOLUME 1

BEYOND THE INNER BABE



LET'S TALK ABOUT... - 01
SPIRITUAL FORECAST - 01
CLIENT SPOTLIGHT - 02/03

THE COZY GUIDE - 04
BANANA PUMPKIN PANCAKES - 05
JOURNAL PROMPT - 05

October's Quote:

"MANY TIMES WE FEEL STUCK, BECAUSE THE THINGS WE'RE HOLDING ON TO ARE THE VERY THINGS HOLDING US BACK. GIVE YOURSELF PERMISSION TO LET GO."

SPIRITUAL FORECAST

By Alexa Sharwell

October is a powerful month full of cosmic energy. Last week's New Moon in Libra brought alignment to our mind, body, soul, and spirit. Today is the 10/10 portal that opens up new potential. We are nearing the finish line for our final Mercury Retrograde of the year. If you've felt your relationships tested and experienced miscommunications, you're not alone. Continue to reflect, reset, and recharge until Mercury goes direct on the 18th. A fiery Aries Full Moon illuminates the sky on the 20th, asking you to stand in your power. Scorpio season begins on the 23rd, honoring the cycle of transformation and rebirth. You can always begin again. The veil is thin between all dimensions on the 31st. Connect to your spirit guides and intuition.

*Anthems of
the Month*
'CATCH &
RELEASE'

BY: MADE IN JUNE REMIX,
MATT SIMONS

LET'S TALK ABOUT... LETTING GO

I have a long running list of things in my life that I'm...

aware I could let go of or benefit from surrendering to. On the small end of the relatable spectrum, many of us probably have a closet full of clothes we haven't worn in over a year, and they may sit there for another five years because we've somehow convinced ourselves that they'll eventually serve us in some way. So, there's that "genre" of letting go, but then there's also a much bigger (usually avoided) category as well. The type that takes a bit longer, more practical commitment, work and generally an allowance of emotions. For me personally, it was letting go of my old best friend, Mr. Ego.

Forever, I allowed my dear friend Mr. Ego to pigeon hole my focus heavily on perfectionism and all the other negative patterns that would fuel my anxiety. Thankfully, after going through Reconnected and 2.0, I learned that I had a choice. If I wanted to, felt brave enough to, I could fire Mr. Ego from his position in my life. I could reclaim the parts of myself that he took ownership over. Little did I know at the time, but this specific choice would easily become one of the most empowering and self-loving decisions I would ever make. By doing this, I granted myself that aforementioned permission. I broke free from old patterns and toxic relationships that Mr. Ego somehow convinced me were worth keeping around. I pruned my own tree of life and because of that, I grew much much stronger.

I think what tends to happen is, we all get so accustomed to believing that letting go shows a sign of weakness. That it almost symbolizes giving up, waving the white flag in defeat. But that's so far from true. What we need to do is continue to remind ourselves that letting go is a beautiful demonstration of strength and courage. That it's its own act of self-care. That it's important. That it's brave. That it's completely necessary in order to grow and evolve. That it's a choice and one that's forever ours to make.

Maybe it's also your own ego, or it's some toxic relationship, or a job that's no longer serving you. But whatever that one thing is that is constantly blocking you from connecting to your highest self - the one thing that might be coming up for you while reading this- do me a favor and let it go. Let this changing of the season be a reminder that more is allowed to change in autumn than just the temperature and fashion. Nature naturally lets things come and go - it's the circle of life. But you too can shed some layers if you choose to. Jacq taught me that when you allow yourself to let go of and break off the older branches from your own personal tree of life, whether big or small, you begin to create space for more greatness to naturally enter into your life. More greatness that is meant for you and more of what you deserve.

It all starts with your own choice. So tell me, is now the time to give yourself permission to let go too?

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

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

A: I had been in therapy since I was a freshman in college (roughly 10 years), and earlier this year I realized that there was something missing. There was an inability to connect with, and accept myself for who I truly am. No matter how much therapy I had I would continue to wake up and have the self-deprecating thoughts in my head... "Your stomach feels big today", "I am fat", "you ate too much last night" etc.. I literally started my day with those thoughts EVERY SINGLE DAY, for years. I had a huge amount of self-doubt, whether it be about my weight, my self-worth in romantic relationships/at work/with friends, or my general sense of self. I simply didn't have a sense of self as I was always integrating my being with who I was hanging around at the time. Jacq was randomly having free 1:1 sessions via IG and I opted in and never looked back..

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

A: Journaling in the morning is key for me. If I fall off I feel the difference in my daily productivity and sense

of well-being. It gives me a release, and also reconfigures my headspace for the day ahead. When I need structure, I focus on my Five Minute Journal which has me choose three things to accomplish for the day. Other days I hit the YIB journal for brain dumps. I'm not perfect, I've fallen off ritual but when I realize it, and begin reconnecting again, I feel a sense of forward movement within me. Knowing yourself is knowing when you fall off and knowing when to get back on and that's going to be ever-revolving. No one is perfect.

I also love working out to connect. I used to be a workout class fanatic, always searching for the next class to make me burn more calories... HITT was my favorite but my body was continuously tearing down because I never listened to it. I would over work my body and I would end up in Physical Therapy more than I want to admit. I was only working out just so I could feel good about eating. I realized after a while that I was lying to myself and this was not a way of self-connection, it was actually the opposite. These days, I've moved away from HITT, and focus on Strength training. Not only does this make me feel stronger, it helps my sleep, anxiety, and improves life longevity (among so many other things). I also stopped wearing my fitness strap (I was a WHOOP girl) because I realized I was addicted to the data and only trusted what it told me. It took up so much of my daily energy expenditure, it was insane. Now, working out is for ME and not for what I believe other people want to see me as. It has become a true way of self-connection and I also feel like a bad bish every time I'm in the gym Cooking is another way I connect. It calms me and dips into my creative side. I'm not a so-called "creative" so it's hard work for me to dip into a creative mind set, but whipping up a fun lunch or dinner does it for me.



Dana Hakim

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

Q: How did you find the balance between work, your social life, and taking care of yourself?

A: After YIB, I realized focusing on getting to the next level at work was an energy suck. A lot of my other co-workers were getting promoted and I just didn't have it in me to try. Once I stopped caring about other people's progress (other than being happy for them, of course), and focused on what I truly wanted, I felt free. I repeat, I felt SO free. Once I realized getting to the next level at work would come in time and when I'm ready, I reconfigured that energy towards friends/family and self-care. After that, my personal life took off. I realized the people that sucked energy out of my life and decided to give them less, my true relationships grew stronger, I had time to connect with myself daily, and I began to shine (even when just walking the streets of Chicago). When you give into yourself and deeply connect, you find you and other people see, and feed off, that amazing energy.

Q: What motivates you?

A: Traveling, nature, and nourishing my body. I also love seeing my friends and loved ones succeed and excel in life. Whether that be getting through a tough breakup, killing it at work, or finding themselves.

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

A: Oh, let me tell you, I am in love with my life now. I challenge myself to be better. This summer, my lease ended and I decided to put my stuff in storage and fly to Seattle and explore the city for a few months. I didn't know a single soul out there, nor had I ever visited. Before YIB, I would have thought about it but never acted on it. I would have talked about it with people but never followed through. Now, I follow through with things and dive into adventures. The universe has my back and I accept what it throws at me.

Before heading out to Seattle, I also met a wonderful man. Now, I'm only saying this because I know I didn't need him, nor did I expect this type of love to come so soon but it did. It came and it came strong, but I was ready for it. If I would have met him pre YIB, we might not have worked out. I am my true self and understand how to give and receive while staying connected with myself and that is KEY.

As I stated before, my relationships with my family and friends have extremely progressed, too. I've connected on deeper levels with almost everyone in my life because not only do I know how to dish out my daily energy, I am a better communicator and listener. I also am less self-involved since I'm not tied up with thinking negative thoughts about myself every other second. I care more and that's being reciprocated in all facets of my life.

All in all, I am so grateful for YIB and all it has given me. All the tools, skills, self-awareness, and more. I'm not sure what it would have taken me to get to this new level in life if it wasn't for Jacq, Alexa, and the community.

UPCOMING GROUP SECTIONS

Reconnected

EVENING:

Mondays - November 8th

Thursdays - November 4th

Mondays - January 3rd w/ Alexa

2.0

EVENING:

2022 Dates Coming Soon!

[Sign up here!](#)

Emerge

EVENING:

Wednesdays - December 1st

THE COZY GUIDE

YIB Fall '21 Cozy Guide is here!

YIBS Top 5 Amazon Picks to help create a cozy safe space this fall season.



1. WOODWICK CANDLE IN THE SCENT LAVENDER

This soothing candle and our favorite YIB Connection Journal are the perfect duo for creating a cozy journaling environment.

2. BAREFOOT DREAMS

The only blanket you will ever need. Period.

3. MR. COFFEE MUG WARMER

For those cooler mornings ahead... pair perfectly with YIB Butterfly Mug

4. MICROWAVABLE NECK HEATING PAD

A quick and efficient way to immediately relax your muscles, reduce stress and warm you up.



5. YIB BUTTERFLY HOODIE

Our favorite go-to cozy hoodie to curl up in this fall season.

SUNDAY MORNING BANANA PUMPKIN PANCAKES

INGREDIENTS:

2 Tbsp Pumpkin Puree

2 Eggs

6 Tbsp Almond Flour

1 Small Banana

1 Serving Collagen Peptide Powder

Dash of Cinnamon

Dash of Vanilla

½ tsp Baking Soda

Topping: Coconut Cashew Butter, Cinnamon,
Organic Maple Syrup

DIRECTIONS:

1. Heat nonstick pan with coconut spray or olive oil.
2. Mix together all wet ingredients. Add dry ingredients into wet.
3. Pour batter into pan and flip when you see bubbles form around side.
4. Allow other side to finish cooking.
5. Stack pancakes and serve with your favorite toppings like organic maple syrup and sliced bananas.



Journal Prompt:

WHAT ARE YOU LETTING GO OF THAT DOESN'T SERVE YOU?