

YOUR INNER BABE // ISSUE 1 // VOLUME 1

BEYOND THE INNER BABE



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November's Quote:

"THE GREATEST LESSON A WOMAN SHOULD LEARN:
SINCE DAY ONE, SHE'S HAD EVERYTHING SHE NEEDS WITHIN
HERSELF, IT'S THE WORLD THAT CONVINCED HER SHE DID NOT."

SPIRITUAL FORECAST

BY ALEXA SHARWELL

As we make our way through the end of Scorpio season, which is a time of rebirth and transformation, a New Moon will approach in Scorpio late Saturday, November 14th.

Allow yourself to reach deeper into your healing journey before we enter Sagittarius season on November 21st. Embrace your sense of bravery and spontaneity as the energy of the fiery Sagittarius sets you free.

*Anthem of
the Month*

'PUT YOUR
RECORDS ON'

BY: RITT MOMNEY

DEAR YIB FAMILY,

I'm so excited to be releasing the official first issue of Beyond the Inner Babe to you this month!

I have had big dreams for YIB since 2017. It's pretty incredible to now be able to watch them come to life with the help of such an amazing team of women behind me. Laura, Alexa, Alexa, Alexas (not kidding with this line up) - you truly mean the world to me and I'm so proud to have you all by my side!

None of these visions would be possible without every single one of you too though. Past clients, current clients, future clients and supporters. YOU make the YIB community what it is! I promise you I will never stop creating for you all. I will never stop expanding. I vow to always close the gap so you NEVER feel alone and you always feel supported in more ways than one. Keep continuing to be you and abundance will follow. Just be. Be the beautiful you that you already are, and I will always give you the space to connect to her.

I hope you enjoy this. I hope that this lifts you up, feeds your soul, and brings you closer to the YIB community. I hope it becomes your go-to online magazine for everything you could possibly need and more.

xx,
Jacq Gould

NOURISHMENT MENU



HOW DO YOU SELF-CONNECT?

My favorite thing to do when I need an instant mood booster is head to the grocery store or my local flower shop to pick up a fresh bouquet of flowers. Who said only a boy can buy them for you? I love picking up roses, peonies, hydrangeas, and eucalyptus. The entire experience of buying myself flowers is spiritually transcendent. It allows me to look past what pain I am experiencing at that moment and pause to recognize the small, beautiful things in life. This seemingly simple act is a way in which I can show kindness to myself, and that is truly the greatest act of self-connection.

PUMPKIN SPICE CHAI LATTE

A DRINK THAT WILL BRING YOU ALL THE COZY FALL FEELS

INGREDIENTS:

1 CUP	Chai Tea Concentrate
1 CUP	Milk or Milk Substitute
2 TBSP	Pumpkin Purée
1- 2 TBSP	Maple Syrup
1 TSP	Pumpkin Pie Spice
1 TSP	Vanilla Extract

(I use oat milk for a creamier consistency)

DIRECTIONS:

1. On low heat, mix together the pumpkin purée and pumpkin pie spice until combined.
2. Slowly add in the milk and maple syrup while whisking until frothy.
3. Remove from heat and add in the vanilla extract.
4. Pour the chai concentrate into a mug and top with the pumpkin mixture.
5. Sprinkle pumpkin pie spice on top and enjoy.



CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

Q: WHAT ARE YOU CURRENTLY DOING FOR WORK?

A: I am a merchandising administrative assistant for mass cosmetics at Ulta Corporate! I've been working there since June of 2019 and absolutely love it.

Q: WHY DID YOU FEEL THE URGE TO BECOME RECONNECTED?

A: I remember a few years back I told my mom that I felt like I was living my life on "autopilot".

I felt like life was just passing by and I was indifferent towards it all. I wasn't aware of my thoughts. I was totally in the mindset that everything was happening TO me and not FOR me. That was when I wanted to make a change.

Q: HOW HAS YOUR LIFE PROGRESSED SINCE MAKING LIFESTYLE CHANGES TO BECOME MORE CONNECTED?

A: I've noticed HUGE changes in my life since becoming more connected. I'm an extremely sensitive person- to the point where stress makes me physically sick- so being able to be more aware of my thoughts, who I am, what brings me joy or pain has taught me so much and has ultimately made me feel physically and mentally strong. I feel a sort of confidence that I have never felt before- confidence with myself and with my relationships.

Q: WHAT DO YOU DO IN YOUR FREE TIME?

A: My Instagram @collectivebyv has been a hobby for me during quarantine. I have always had a creative mind so anything that challenges my creativity is so fun for me!

Q: WHAT RITUALS DO YOU PRACTICE TO STAY CONNECTED TO YOURSELF?

A: I like to have a concrete morning and night routine- bookends of my day. Every morning, I like to wake up early and meditate. Meditation and breathwork have really helped me with not only my anxiety but also have helped me feel reconnected by becoming more aware of my thoughts and tuning into myself.



Victoria Glass

Journal Prompt:

WHAT WOULD YOU DO IF YOU STOPPED LIVING IN THE PAST OR WORRYING ABOUT THE FUTURE?