

YOUR INNER BABE // ISSUE 2 // VOLUME 1

BEYOND THE INNER BABE



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December's Quote:

"COMPLAINING ABOUT OUR PROBLEMS IS OUR GREATEST ADDICTION. BREAK THE HABIT. TALK ABOUT YOUR JOY."

SPIRITUAL FORECAST

BY ALEXA SHARWELL

There is an abundance of magical energy as we move into a New Moon Solar Eclipse tomorrow, December 14th! With the free spirit of Sagittarius, this is the perfect time to set intentions and manifest what new beginnings you are calling in for the new year. On December 21st, The Great Conjunction greets us in the sky as we move into Capricorn season. Jupiter begins to pass Saturn, ushering us into the Age of Aquarius - "a new world". A Cancer full moon brings 2020 transits to a close on December 29th. This full moon is an energetic, deep, emotional, and foundational release. It is a beautiful time of transition. What changes await you in 2021?

Anthem of the Month 'MONSTER'

BY: SHAWN MENDES
AND JUSTIN BIEBER

LET'S TALK ABOUT... GRATITUDE.

There's no doubt that this year has been challenging and weird for most of us. As we move closer to the end of the year, it's easy to reflect negatively on all that has happened. In the moments when you feel the weight of the entire world on your chest, it's important to practice gratitude to realize that there is still light. There will always be light within you and a gratitude practice can help you access it in the moments the world tries really hard to make you forget it exists. Practicing gratitude is simply expressing appreciation for what we have. Gratitude helps break us free from the negativity and see past it. While this year has been difficult, when we reflect on it and practice gratitude we realize how transformative it actually has been. We can be grateful for the challenging times that have allowed for personal growth and reflection. We can be grateful for having this time to slow down and breathe. We can be grateful for the time we have taken to educate ourselves about the world around us. We can be grateful for the meaningful connections that we have made virtually that we otherwise would not have been able to make. There's so much magic out there and it's just hard to see it sometimes. When you pause, reflect, and take in the world around you then begin to see there is an abundance of goodness already there. Now, we challenge YOU to take a moment to think about three things that you are grateful for this year. I'm grateful for...

1. _____
2. _____
3. _____



NOURISHMENT MENU

FEEL GOOD HOLIDAY MOVIES TO WATCH THIS DECEMBER

- | | |
|------------------|---------------------------|
| 1. THE HOLIDAY | 7. THE POLAR EXPRESS |
| 2. LOVE ACTUALLY | 8. LAST CHRISTMAS |
| 3. DASH & LILY | 9. ELF |
| 4. THE GRINCH | 10. HOME ALONE |
| 5. GODMOTHERED | 11. IT'S A WONDERFUL LIFE |
| 6. HOLIDATE | 12. THE HAPPIEST SEASON |

JACQ'S CRUNCHY KALE SALAD W. CHICKPEAS



THE CHICKPEAS:

¼ CUP	Olive oil	1 BUNCH
1 TSP	Sea salt	1 CAN
1 TSP	Black pepper	½ CUP
1 TBSP	Cumin	TO TASTE
1 TBSP	Dried mustard	
1 TBSP	Granulated garlic	
1 TBSP	Sweet paprika	

THE SALAD:

Organic Curly Kale, finely chopped
Chickpeas, rinsed and roasted
Sunflower Seeds
Furikake (Japanese seasoning, or toasted sesames work great!)

THE DRESSING:

¼ CUP	Olive oil
½ CUP	Champagne or Chardonnay vinegar
1 TBSP	Honey
3 TBSP	Dijon mustard
1 TBSP	Minced garlic
1 TBSO	Minced shallots
1 TSO	Sea salt

DIRECTIONS:

1. Preheat the oven to 425 degrees.
2. Line baking sheet with parchment paper.
3. Rinse and dry the chickpeas.
4. Mix the olive oil, salt, pepper, cumin, dried mustard, garlic, and sweet paprika in a bowl and add in the chickpeas. Stir until evenly coated.
5. Pour onto the baking sheet and bake for 20-25 min until crunchy (check halfway through).
6. In a salad bowl, combine the salad ingredients together and add in the roasted chickpeas.
7. In a small bowl, whisk together the dressing ingredients until combined.
8. Drizzle the dressing over the salad, toss, and enjoy!

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

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

A: I love to take 10 minutes of my day to listen to my "inhale, exhale" playlist on Spotify and practice a quick meditation. It fades outside stressors from my thoughts while connecting me back to my body. When I am feeling especially disconnected, I love to do journal "brain dumps" where I get everything that I am feeling out onto the page. My early morning workouts also serve as my "me-time" and are perfect for starting the day with a clear mind.

Q: HOW DO YOU BALANCE SCHOOL, WORK, AND YOUR SOCIAL LIFE? WHAT KEEPS YOU MOTIVATED?

A: Consistency and routine are essential to maintaining balance in my hectic life and staying motivated. I wake up at 5 AM every day to have time for my morning workout, and this starts my day with motivation! Then when I come home and as I'm eating breakfast, I schedule out the day to make sure I get everything done. I even keep a separate planner for just school assignments so that I can keep my to-do list for my job and school work separate! It's these consistent habits that keep me motivated and organized with everything going on. However, I also make sure to keep up with my self-connection rituals so that I remember to check in with myself. I try to stay intuitive if possible and take breaks from different parts of my life if needed. If I really need the sleep one morning, I will skip my workout and not beat myself up for it. The gym will still be there the next day! I follow the same concept with friends and my social life - I will set boundaries and say no to plans if I need the night off.

Q: WHAT ADVICE CAN YOU GIVE TO OTHER TEENAGERS WHO FEEL DISCONNECTED?

A: It is definitely SO hard to figure out how to connect to yourself at this age, especially when a lot of teenagers are still figuring out who that "self" is and as they discover more about their own identity. For teens, especially, I'd say social media and phone breaks are essential. Also, scheduling time daily for yourself. These are two things that could make a huge difference. Our generation struggles so much with self-comparison, largely due to our hours of social media consumption, so taking even just a 2 hour break once in a while might be able to offer self-reconnection instead of spending so much time focusing on others. Committing to daily self-care practices, even if it's just a 10 minute walk with your dog or writing



Marin Freedman

down 3 things you're grateful for in a journal can also be so powerful. We have such busy lives as teenagers so it's all about the little things you do to connect back to yourself!

Q: WHAT WAS THE INSPIRATION BEHIND YOUR MARIN FOR THE GYM WORKOUT CLASSES AND WELLNESS INSTAGRAM ACCOUNT?

A: Looking back with the perspective I have now, I most likely had a form of disordered eating habits for a few years. My journey into fitness and health was originally motivated by looks and physical results. I used to go to Soulcycle upwards of 10 times a week and would try every new diet while thinking that I was the healthiest I had ever been. Realistically, that stage of my journey was the most damaging to my mental and physical health. It wasn't until quarantine and going through Reconnected that my relationship with my body, food, and exercise turned around for the better! After recovering from my poor relationship with food and fitness, I knew that I wanted to help other girls struggling with the same thing, so I created my business and Instagram, called Marin for the Gym. I created my group fitness classes because I had never seen anything similar exist in the market before. My classes are targeted specifically for young women in order to improve confidence and relationships with their bodies. With these classes, the focus is never on burning a certain amount of calories or achieving an unrealistic body type. Instead, I work to motivate girls to use exercises as a form of self-care and to discover their own strength through fitness. I want workouts to be motivated by achieving a feeling rather than achieving a look. Adjacent to my classes, my @marinforthegym Instagram account is a passion project that follows the same message. I post recipes, workouts, and motivational content all centered around loving yourself while avoiding diet-culture and self-comparison in order to help heal girls' relationships with their bodies.

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

A: I have fully realized my worth and approach life with newfound confidence. I carry myself differently, seek out more opportunities for myself because I know I deserve them, and love myself wholeheartedly. Even on a smaller scale, every day is different. I now notice how I talk to myself when I look in the mirror. I bounce back from little things that would've majorly bothered me before. I've learned how to actually take care of myself, which by the way, is not just putting on a face-mask and taking a bath, which is how I used to picture self-care. Overall, I feel like myself, trust myself, and love myself more than I did before reconnecting. I embody my Inner Babe every day!

Journal Prompt:

WHAT DO YOU NEED TO RELEASE AND LEAVE BEHIND IN 2020?

YIB'S HOLIDAY GIFT GUIDE

Nordstrom



1

Urban Outfitters



3

2



Skims

Urban Outfitters



4

Sonya Dakar



5



Herbivore

6

Boy Smells



7

We're Not Really Strangers



8

OUR FAVS!

1. BAREFOOT DREAMS IN THE WILD THROW
2. SKIMS COZY KNIT ROBE
3. EMU AUSTRALIA MAYBERRY SLIPPER
4. VANITY PLANET MINI BEAUTY FRIDGE
5. SONYA DAKAR ROSE GOLD RADIANCE MASK
6. HERBIVORE ROSE QUARTZ RITUAL KIT
7. CASHMERE KUSH CANDLE
8. WE'RE NOT REALLY STRANGERS CARD GAME

YIB'S HOLIDAY GIFT GUIDE

Set Active



9

Gray Malin



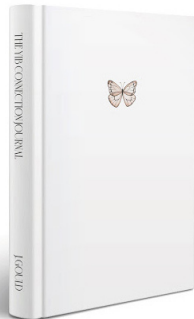
11

Mayfair Group



12

10



Your Inner Babe

Little Words Project



13

15



Nike

14



Adina's Jewels

OUR FAVS!

9. ONYX SCULPTFLEX WORKOUT SET
10. THE YIB METHOD CONNECTION JOURNAL
11. GRAY MALIN PUZZLE
12. EMPATHY SWEATSHIRT
13. SELF LOVE BRACELET
14. PAVE DOUBLE BUTTERFLY NECKLACE
15. NIKE BLAZER MID 77 VINTAGE
16. THE LUCIA MASK CHAIN

Anima Mea



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