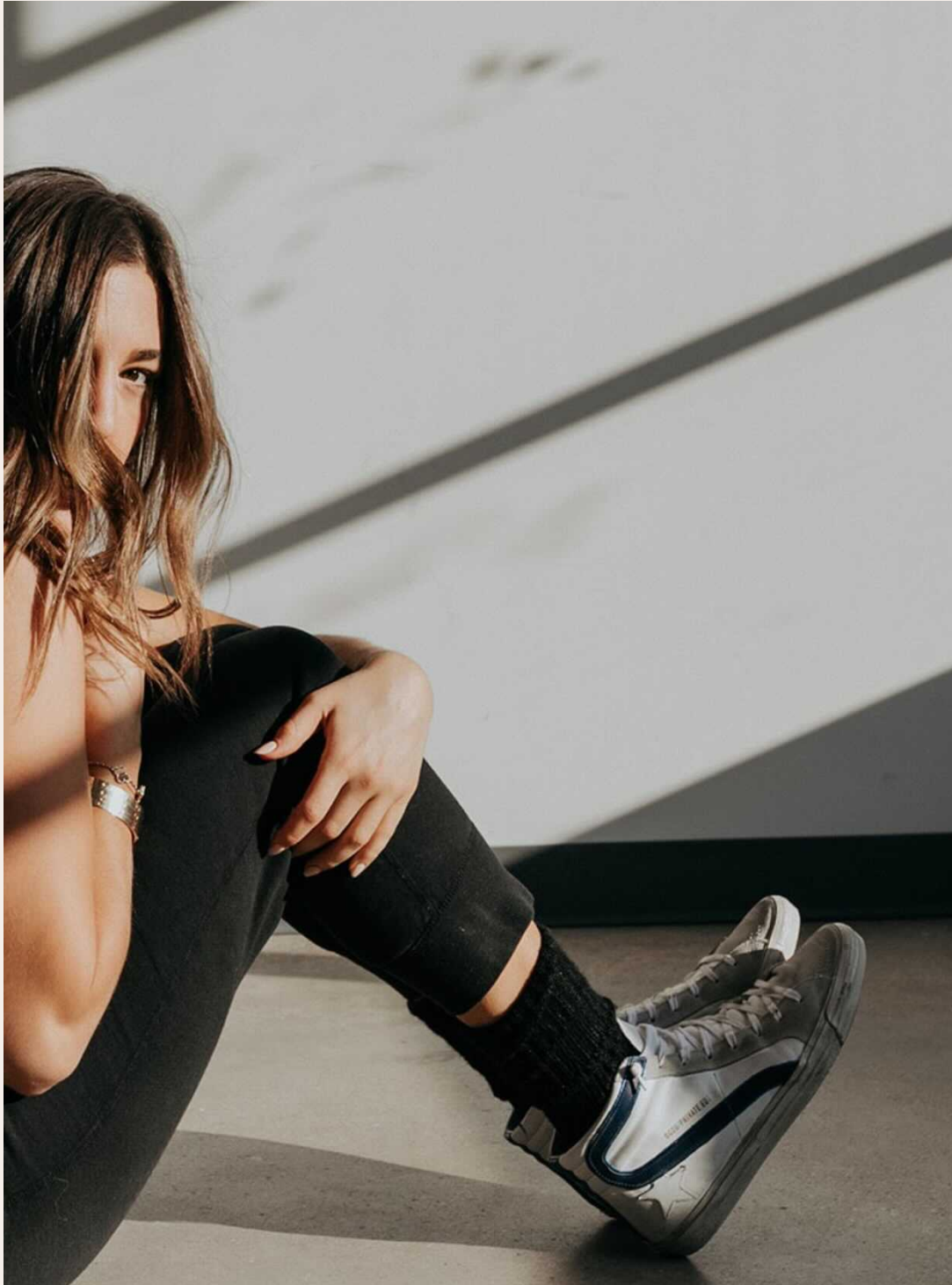


YOUR INNER BABE // ISSUE 6 // VOLUME 1

# BEYOND THE INNER BABE



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## April's Quote:

"LET THEM JUDGE YOU. LET THEM MISUNDERSTAND YOU. LET THEM GOSSIP ABOUT YOU. THEIR OPINIONS AREN'T YOUR PROBLEM. YOU STAY KIND, COMMITTED TO LOVE, AND FREE IN YOUR AUTHENTICITY. NO MATTER WHAT THEY DO OR SAY, DON'T YOU DARE DOUBT YOUR WORTH OR BEAUTY OF YOUR TRUTH. JUST KEEP ON SHINING LIKE YOU DO."

## SPIRITUAL FORECAST

By Alexa Sharwell

We have a new moon in Aries! Your fire within has been ignited and offers you strength. Now is the time to consciously channel what you want and call it in. We move into the grounding and powerful energy of Taurus on the 19th. This is a day to tend to your heart and nourish your soul. Enjoy life's simple pleasures. We close the month with a Scorpio Full Moon on April 26th. This will be a moment of energy and passion, bringing forward movement. Surrender to the wave that this momentum brings you.

## Anthem of the Month

### 'GHOST'

BY: JUSTIN BIEBER

## LET'S TALK ABOUT... COMPARISON

We have all heard the phrase "comparison is the thief of joy". How many times have we scrolled through Instagram and seen people who are skinnier, taller, prettier, and smarter. People who are wealthier, more successful, younger, and seemingly happier? How often have we let these photos steal our joy?

We give comparison so much of our energy and so much power. We are constantly comparing ourselves to the people we see around us. We question every aspect of our lives and wonder why it isn't like everyone else's. This is partially because we are comparing our lives to someone else's highlight reel. No one's life is perfect, and the person that we are comparing yourself to is probably comparing herself to someone else too. At the end of the day, we have to remember that your life is not going to be the same as anybody else. You are on your own unique path that is shaping you into exactly who you are meant to be, and we cannot wrap ourselves up in what everyone else's path looks like.

It's not easy though to cut out comparison completely. In fact, it's impossible. I am not going to tell you to delete your social media accounts. I am not going to tell you to just stop caring. Comparison is human nature and it is all around us. Comparison does not feel good, but it is bound to come up from time to time no matter how confident you are. We may never be able to truly kick a comparison pattern. So rather than deciding to eliminate comparison, we can choose to take some of the negative power surrounding it away with a reframe. Rather than letting comparison steal our joy, let's flip the narrative. Let comparison inspire us. We can learn so much from others. Allow what we see around us to motivate you to keep going and encourage you to grow.

# CLIENT SPOTLIGHT

## YIB'S INSPIRATIONAL CLIENT Q&A



Marissa Schrader

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

*A: There are tons of rituals that I practice in order to stay grounded and connected to myself. The ideal way for me to begin my day is with a warm cup of coffee, a few minutes of journaling in my YIB Connection Journal, and my pup snuggling right next to me. Honestly, sleep and unplugging from my phone is my first and most important "ritual" to stay grounded, connected, and energized for the next day or week. Sleep is my happy place and as I get into my late 20's I feel further and further away from peaceful sleep, so whenever I have the opportunity for restful sleep it really helps me recharge. Another way I stay connected to myself is through teaching fitness classes. The act of teaching- motivating and moving my body with a room full of like-minded individuals- sets my soul on fire. I can walk into a class anxious and out of sorts, but I always walk out feeling whole.*

**Q:** How did you find the courage to start your own business. Do you have any advice for people that want to pursue a similar career?

*First and foremost, if I did not have the support system that I am blessed with today, I would never have been able to pursue what is now Fierce Jewelry co. With that being said, I have always wanted something of my own. I wanted something I had complete and full control over and something I was able to proudly stamp my name onto from beginning to end. I was sick of being jealous of other females around me pursuing things I had always dreamt of, so it was time to put pen to paper on the dreams that lingered in my head.*

*With life coming to an aggressive halt due to the pandemic, Studio Three shutting down, and being laid off from marketing consulting work I was doing, I had an immense amount of time on my hands to really think about what the hell I was going to do on the other side of this. Fitness is a huge passion of mine, but never something I wanted to pursue solely. SO, the world began speaking to me and many pieces began falling in the right places which allowed Fierce Jewelry co. to be born October 21, 2020.*

# CLIENT SPOTLIGHT

## YIB'S INSPIRATIONAL CLIENT Q&A

*I'm very thankful that my career in Big Advertising really set me up for success when creating my own brand, but here are three pieces of simple yet very important advice to anyone starting any sort of business:*

- 1. It will never be perfect, stop trying and just put it out there.*
- 2. Be willing to fail and fail hard, it is literally the only way you'll truly learn and move forward.*
- 3. Allow yourself to shut off from the business from time to time. You need to recharge; you cannot make that Forbes list on dead batteries.*

**Q:** Do you have any hobbies or things that you're passionate about?

*A: When you run your own business, I don't think having hobbies is really realistic. I genuinely love creating content, any sort of content, so I'd say currently that's my hobby. Also, I LOVE music and I love creating and introducing new music to my Studio Three clients as well.*

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

*Everything in my life was lining up. I have an amazing life partner who loves, supports, and encourages me unconditionally. I am running the business of my dreams and teach fitness classes for a living that light my soul on fire. My family is happy and healthy. So, what was missing? Why did I feel so anxious? Why couldn't I settle my intrusive thoughts? I've done therapy, I am a certified YTT, and genuinely understand the art of breathing practices and true mediation, but nothing settled me inside. There was something still missing. That's when I messaged Jacq and it was one of the best decisions of my life, both mentally and financially.*

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

*As mentioned above, on the outside things have looked decently strong for a while, but once I allowed myself the opportunity to FULLY accept what was on the inside everything has just elevated and elevated quickly. One of the most important things reconnected has taught me is to stop caring about what others think and to listen to that quiet yet powerful voice in my head. I've been able to shake certain things off much quicker than I was pre-Jacq and I see and feel it every day. I have newfound confidence for exactly who I am and have realized the more I embrace that, the more others in my personal and professional life will too. It is never too late to reconnect and It will forever be a journey. You just have to commit and commit forever.*



# NOURISHMENT MENU

## Breakup with Self-Doubt

Dear Self Doubt,

This isn't easy to say, but let's be real... we haven't been working well together for quite some time. Our relationship has been long, but it's just not the same as it used to be. In the beginning, you were safe and appealing. It was easier to be with you than to risk taking chances and failing. People would ask to hang out and I'd just reply with "I already have a hot date with self-doubt...maybe next time?". I would go to post a picture on Instagram and you would tell me "babe, you sure that's a good idea?" Honestly, this isn't working for me anymore and it's time to go our separate ways.

I hate you. You're toxic. You're manipulative. You're controlling. You're exhausting. You're hurtful. I am so tired of my entire life revolving around you. I haven't been able to do things or say things or post things because I am so scared of what you will say about me. I am terrified of your hateful and judge-y words. You have taken so much from me. You have turned me into someone that I don't want to be. I have stopped living my life to its fullest because of you.

But- I am grateful for our time together. It has shown me that I deserve a lot more than you. I've been hanging with that guy that I told you not to worry about- his name is confidence and he's super cute. He makes me feel good, excited, and hopeful.

Wish you the best!

## How can you break up with self-doubt and comparison?

YOU CAN START WITH THESE STEPS.

1. On sticky notes, write out positive, affirming statements about yourself. For example, "I am beautiful". Place them on your mirror and read them aloud each morning.
2. Focus on your strengths by creating a list of your successes and accomplishments. Be proud of yourself.
3. Set social media boundaries. Limit the amount of time you spend scrolling and mute/block accounts that don't make you feel good.
4. Write out 5 small things that you are grateful for.
5. Remind yourself that everyone is on their own journey and that yours will look unique because you are unique. Embrace this fact and know that you are exactly where you are supposed to be.

# SPRINGTIME GLOW FACE MASK

A face mask that will brighten your skin and bring you that springtime glow!  
Made from antibacterial, anti-inflammatory, and soothing ingredients,  
this mask is perfect for acne-prone and sensitive skin.



## INGREDIENTS

½ TSP OF TURMERIC  
1 TBSP OF MANUKA HONEY  
1 TBSP OF ALOE VERA

## DIRECTIONS:

1. Mix the ingredients together into a smooth paste
2. Apply to the skin, using a brush, and leave on for 10-15 minutes
3. Rinse your face mask off with warm water

YIB Tip - Put your face mask into the fridge for a bit before applying to yield a calming and cooling sensation

*Journal Prompt:*

WHAT ARE YOU GRATEFUL FOR IN YOUR LIFE?