

YOUR INNER BABE // ISSUE 8 // VOLUME 1

BEYOND THE INNER BABE



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Jane's Quote:

"LOVE YOURSELF WHEN YOU'RE TIRED. LOVE YOURSELF WHEN YOU'RE WEAK. LOVE YOURSELF WHEN YOU'RE CONFUSED. LOVE YOURSELF WHEN YOU'RE BROKEN. LOVE YOURSELF UNTIL YOU'RE RESTORED."

SPIRITUAL FORECAST

By Alexa Sharwell

Throughout June, we find ourselves in the midst of powerful energy shifts. Last week we experienced a solar eclipse that ushered in new beginnings. We moved through two powerful eclipse portals of energy and change, and it is important to listen closely to your intuition and trust in divine timing. Mercury is still in Retrograde for another 10 days, so continue to slow down and allow yourself to speak authentically. June 20th & 21st bring the Summer Solstice and Cancer Season. This season brings forward a closer connection to the spiritual world and everything outside of ourselves. On the 22nd, Mercury goes direct. This will bring a lot more clarity into our lives. On June 24th, we have another Super Full Moon in Capricorn, mixing water and earth energy together. This is the perfect time to ground and center yourself.

Anthem of
the Month
'ENOUGH
FOR YOU'

BY: OLIVIA RODRIGO

LET'S TALK ABOUT... IDENTITY

I have always been indecisive. Ask me what I want for dinner, and I'll reply "I don't know. You pick!" Ask me what movie I want to watch on TV, and I'll reply "I don't know. You pick!" Now, ask me what I want to do with the rest of my life. I bet I'll give you the same answer. You see I have never really had my own identity. I was notoriously a follower. I wore what the other girls wore, I listened to the songs that everyone else liked, I kept up with trends because I thought that it would make me seem cooler. But inside I felt lost and chaotic. I felt like a fraud and like I was living someone else's life out- one that wasn't really meant for me. I was always pretending to be someone I wasn't and trying to keep up with everyone else until one day I realized that I don't even really know who I am. What clothes do I think are cool? What songs do I like to listen to? What future do I want to create for myself? I really don't have the answers. I really don't know me.

I find myself in this crossroads right now and let me tell you it is an uncomfortable place to be. You see, I am applying to law school. It was not my initial decision. It was a great expectation thrust upon me that was intended to solve the other "problems" that I was dealing with. It was meant to be a lifeboat on a quickly sinking ship that was my life. If I go to law school, then I will have the job people respect. I will make new friends. I will move out of my house again. Guys will take me seriously. Hell, my own PARENTS will take me seriously. I will have a purpose. There will be no more wondering about who I am. I will have an identity.

So, I went along with it. I studied for the test. I wrote all the essays. I got the recommendation letters. And then I couldn't hit send. It took me 9 months to press that single fucking button. Was this something I wanted for me? Or was this something that everyone else wanted for me?

I now know why I couldn't press the send button. It was not fear of rejection or of being smart enough- trust me I had those thoughts, but that wasn't REALLY the issue. The issue is identity. We live in a society that places so much value on the roles we play and the jobs we do. We latch onto our roles and adopt them as our identity. We are the sister, the mother, the caretaker, the teacher, the lawyer. We get so wrapped up in these roles and titles that we lose a sense of our real identity. But who are we really? I couldn't press that send button because I am afraid of the label. I don't really know who I am without it. When I am stripped from the label, who am I really? Is my label-less self good enough for me?

So, I ask myself again-what do I want? I guess my answer is still "I don't know". And maybe that's okay.

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

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

A: I felt very disconnected when I was finishing my master's degree in business and in law school. When you throw yourself into a graduate program, it becomes your entire identity. I felt like I lost myself to the responsibilities of school. I felt very isolated and overwhelmed by all of the things that I "had to do". I knew that I needed to find an outlet and rediscover myself.

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

A: There are many rituals that I practice to connect to myself. A key practice of mine is journaling. At first, I was very resistant to it because it felt like another homework assignment. Now, I look at it so differently. It has really helped me understand what was truly on my mind and either release or appreciate it. So now every morning I set a timer for 15 minutes and write. I begin with a gratitude list. Then I find one daily affirmation and write down what comes up for me with that, kind of like a brain dump. I also make sure I move my body for 30 minutes pretty much daily. Also, as a true Virgo, it is hard for me to execute things that feel messy or less than perfect. So, I have a tendency to say if I can't do it perfectly and in the way I think it should be done, then somehow, I can't do it at all. For example, If I can't do this workout in this way, for this amount of time, and with this outfit then I can't do it at all. Another example would be if I don't have a pretty journal (I finally got the YIB Connection Journal and I love it), the right pen, and don't have something great to say then it's not worth it. It took me some time, but I realized none of that actually matters. The change comes in the action and it is most definitely worth it.



Laaren Lewis

Q: How did you find balance between law school and taking care of yourself?

A: It was such a struggle to find balance in my busy life, but what I found is that by prioritizing and making time to care of myself (whether it be a weekly YIB session or just doing my daily rituals) I became much more effective and more positive. As I pour back into myself, I begin to enjoy the journey a bit more. It is so easy to keep your head down and grind out work, but that's not what life is about. You have to find a way to enjoy the journey while you're going through it.

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

Q: What motivates you?

A: I will say that I am not a firm believer in motivation. I think it's pretty fleeting. However, I am motivated by experiences. I love to travel and see new places, so I work hard to be able to afford to do that. I have learned that when you have discipline and start to see things shift then you are motivated to continue.

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

A: My life has changed drastically. Jacq and I laughed and talked about this in a one-on-one about a month or so ago because during Reconnected I was almost counting out the things that just did not seem to be working in my life. I felt like the progression of my relationship, my fitness goals, and the monotony of being in school was just getting to me and truly it was just my impatience. I finally decided I need to stop rehearsing in my mind what is not working and figure out how to mentally shift the narrative. So, I bought clothes that fit, I took trips and breaks and enjoyed my relationship, and went through the normal motions of just getting stuff done with law school. I kid you not in the last 5 months, there was just a massive shift in my life. I graduated law school with high honors, I got engaged to my boyfriend of six years, and I've lost about 15 pounds. It is truly amazing how fast things change when you attack them from a place of acceptance and love. Let it go and stop hold onto things so tightly-that is truly the biggest lesson I learned from YIB. I also love that I now have a huge group of badass women that I can text, call, and vent to at any moment. Law school and graduate school were insanely competitive, and I did not make a lot of friends. As Jacq always says, your people will find you so just continue to be you. Truer words have never been spoken. I love my YIB girls.

UPCOMING GROUP SECTIONS

Reconnected

NOON:

Tuesdays - July 6th

EVENING:

Thursdays - June 24th

Mondays - July 12th

2.O

EVENING:

Wednesdays - Aug 18th

Tuesdays - October 5th

Emerge

EVENING:

Wednesdays - July 14th

[Sign up here!](#)

GLUTEN FREE LAVENDER & LEMON OLIVE OIL CAKE



INGREDIENTS:

- ½ TSP BAKING SODA
- ¼ TSP SALT
- ¾ CUP MAPLE SYRUP
- 1 TBSP LEMON ZEST
- 3 LARGE EGGS
- ½ CUP OLIVE OIL
- ¼ CUP BUTTER, MELTED AND COOLED
- ¼ CUP FRESHLY SQUEEZED LEMON JUICE
- 1 CUP ALMOND MILK
- 2 TSP LAVENDER EXTRACT
- 1 PACKAGE EDIBLE FLOWERS
- POWDERED SUGAR FOR DUSTING

DIRECTIONS:

1. Preheat your oven to 350 degrees.
2. In a bowl, mix together flour, baking soda, baking powder, and salt.
3. In a separate bowl, whisk together maple syrup, lemon zest, eggs, olive oil, butter, lemon juice, and milk.
4. Combine the wet and dry ingredients together and whisk until smooth.
5. Pour batter into a greased 9-inch springform pan.
6. Bake for 40-45 minutes, until the top is slightly golden.
7. Allow for the cake to completely cool before dusting with powdered sugar and garnishing with edible flowers.

NOURISHMENT MENU

Hot Girl Summer?

We see girls talking about it on social media. We hear Megan Thee Stallion sing about it on the radio.

It's hot girl summer.

What began as a way for women to be confident and live their best life during the summer months has morphed into a super negative way of thinking. I have seen it over and over again. Girls commenting on posts *"I need to start working out because hot girl summer is coming"*. Or *"I can't eat this because it's almost hot girl summer"*. Women have begun associating the way they look with their worthiness of a fun, carefree summer.

Instead of aiming for a "hot girl summer", why don't we focus on a happy girl summer instead?

A summer that is not about hookups, fitting into the skimpiest bikini, and being hard on ourselves.

A summer that is instead filled with long walks on the beach, journaling, meeting new people, breaking down limiting beliefs, and trying new things.

A summer that is less about what we look like and more about how we feel.

A summer that is not reliant on the external validation of others, but one in which...

we learn to love ourselves deeply.

7 TIPS AND TRICKS FOR A MENTAL GLOW-UP

Your Inner Summer Glow

1. GET OUTSIDE

Take advantage of the beautiful summer weather! Spend at least 20 minutes outside every day. You can sit at the beach or the park, go for a walk with a friend, eat lunch outdoors, or even take your workout outside. Being outside helps to boost your mood and release some of your built-up stress.

A cluttered environment can clutter your mind. An organized space can help to increase your focus. Make your bed every morning and take time reorganizing your things. This is also a great time to revamp your space. Try incorporating some bright prints or some new décor into your home.

2. UPDATE & ORGANIZE YOUR SPACE

3. PAY ATTENTION TO SOCIAL MEDIA CONSUMPTION

Interact with social media accounts that bring value into your life and make you feel good inside. If it doesn't make you feel good, then mute, unfollow, and cut it off.

Try creating a short 5-minute routine to start and end your day. This can be a skincare routine, journaling brain dump, meditation session, or just reading a chapter in a book. This can be anything that you can consistently come back to each day to keep yourself grounded.

4. BEGIN A MORNING & EVENING ROUTINE

5. LISTEN TO YOUR BODY

Longer summer days can take a toll on your body. It is important to check in with yourself and to listen to how you're feeling. Make time to rest and recuperate.

7 TIPS AND TRICKS FOR A MENTAL GLOW-UP

Get outside of your comfort zone and try something new and different. Join a summer sports league, ride your bike, bake a new recipe, make a new Spotify playlist, get creative with it.

6. TRY A NEW HOBBY

7. MAKE AND KEEP AT LEAST 1 PROMISE TO YOURSELF EVERY DAY

This can be as simple as promising to make your bed when you wake up or running that one errand you've put off doing all week. Making small promises to yourself (and keeping them!) helps you build trust within yourself and helps you see that you are capable of accomplishing whatever you set your mind to.

Journal Prompt:

WHEN YOU STRIP AWAY THE LABELS, WHO ARE YOU AT YOUR CORE?