

YOUR INNER BABE // ISSUE 5 // VOLUME 1

BEYOND THE INNER BABE



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March's Quote:

"ENJOY THE SPACE BETWEEN WHERE YOU ARE AND
WHERE YOU ARE GOING."

SPIRITUAL FORECAST

BY ALEXA SHARWELL

March is a time of transition as we move through seasons and the Astrological New Year. The Pisces New Moon last week brought intuitive insights, magic, and connection to the higher realms. We move into Aries season on the 20th and begin the cycle of a new Lunar Year! Your inner warrior will come out and be seen. Towards the end of the month, on the 28th, we have a Libra Full Moon. Bringing balance to the fiery sun sign of Aries, we will feel calmness within the universe. Now is the ultimate time to connect to yourself, create, and bring awareness to the duality in your world.

Anthem of
the Month

'TALK TOO MUCH'

BY: COIN

LET'S TALK ABOUT... SPRING FORWARD

Exactly one year ago our entire world stopped. In what seemed like an instant our whole lives changed. Masks, quarantine, and social distance became the new "normal" and a lot of us had to press pause on our life.

I was someone who felt really stuck within this past year. Before we went into lockdown, I quit my job. In the blink of an eye, I became an unemployed, 25 year old living at home with her parents. I was so ashamed by this. I would look on social media and see other women my age thriving amidst the chaos. It just always seemed like everyone around me was moving forward while I was in a standstill. I thought that everyone else just had it figured out, and that I would always be stuck. To be truthful, I was kind of comfortable being stuck. Change is difficult and scary.

It was not until recently when I really decided that it was time to press play again on my life. A choice was made to stop playing small and start taking risks. If this past year taught us anything it is that you have one life, and in that one life you can do incredible things. You are on a journey that is completely your own. It is up to you how you want to live it. For me, moving forward meant tackling my biggest fears and insecurities, embracing the unknown, and releasing my past. I stopped giving energy to the parts of my past that were standing in the way of my future. I began to try new things, appreciate the small stuff, and trust myself. Slowly, but surely, I was becoming unstuck.

Now one year later, as spring begins to roll around, this change in season can be a driving force towards a change in your life. A time to shed what is no longer working for you, and spring forward. Now is the time to shamelessly ask for help, shed your fears, and lose the limiting beliefs. Your life is yours and you hold so much power within yourself to knock down anything that you think is standing in your way.

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

Q: WHAT DO YOU DO FOR WORK?

A: I work in the hospital as a Pediatric ICU registered nurse in Chicago.

Q: HOW HAVE YOU PUSHED THROUGH THIS PAST YEAR AS A FRONTLINE WORKER? WHAT HAS MOTIVATED YOU TO KEEP MOVING FORWARD?

A: I believe gratitude has really been my biggest motivator for getting through this huge moment in history. I am so grateful that the pediatric population wasn't getting as sick. I have gratitude for waking up each day, my coworkers, my family, and my support system. I am also grateful for being able to go into a physical workplace to escape the confines of my studio apartment. Throughout this pandemic, I have found that laughter has helped me push through this tough time. You have to find a way to laugh and find the good in the world. Smiles are contagious! This year has tested me more than I can put into words, and it was terrifying being in the frontlines of it all, but the mental training I did with Jacq and YIB made an enormous impact on my mental health throughout 2020.



Sara Stengel

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

A: I am very flexible with my daily routines. My work is so time-sensitive and critical for 12 hours that I love being able to go with the flow when I am off. I have established a nourishment menu filled with different items that I like to hit each day. I am obsessed with my YIB Connection Journal. I start and end my day by journaling, drinking some tea, and doing a meditation from Insight Timer. I like to combine movement with journaling so that I can tap into myself better and see how I am feeling. I also love to cook nourishing and yummy meals! I am in my kitchen the majority of the time- it's my happy place.

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

A: Since becoming more connected, I appreciate my newfound ability to slow down in a fast-moving world. My new rituals and dedication to myself have provided me the ability to stay connected consistently. I am a strong empath and have a history of major depression/generalized anxiety, so by using the "tools" I've established through Your Inner Babe, I'm able to manage and support that side of my mental health better and show up for myself, my family, friends, my coworkers, and kiddos as the best version of myself.

NOURISHMENT MENU

SPRING CLEANING

Spring is finally here and it is time to do some cleaning. Spring cleaning can be more than just physically reorganizing a closet or clearing clutter from our spaces. We can apply these methods to the relationships, habits, ideas, and choices in our life that need some cleaning up. Decluttering our lives is an important part of prioritizing our needs and eliminating the things that stand in our way.

1. MUTE OR UNFOLLOW ACCOUNTS ON SOCIAL MEDIA THAT NO LONGER SERVE YOU
2. DELETE OLD TEXTS FROM PAST RELATIONSHIPS
3. SET BOUNDARIES TO PROTECT YOUR PEACE
4. DECREASE YOUR NUMBER OF COMMITMENTS (IT'S OKAY TO SAY NO!)
5. FORGIVE YOURSELF AND RELEASE YOUR GUILT
6. LET GO OF YOUR LIMITING BELIEFS

SUPER GREEN SMOOTHIE



INGREDIENTS

1 CUP	Water
1 CUP	Spinach
1	Apple
1	Celery stalk
1/3 CUP	Frozen mango
1/3 CUP	Frozen pineapple
1	Cucumber
1/2	Lemon
1 SCOOP	Amazing Grass Green Superfood Vegan Powder

DIRECTIONS:

1. Cut up the apple, celery, and cucumber
2. In a blender, blend together the spinach and water so that you have a smooth consistency
3. Add the rest of the ingredients and blend
4. Sip and enjoy!

CLOSING THE GAP

WRITTEN BY: ALEXA R BRAININ, LPC, NCC

I am a licensed counselor who works in a psychiatric hospital as well as a huge supporter and graduate of Your Inner Babe. There is a major misconception that “experts” in the mental health field have it all together all the time. That’s not necessarily true. So, what brings a therapist to a mentality coach? Well, in short, I needed to bridge a gap. I was stuck in a pattern of self-doubt and negative self-talk that was disrupting my daily life. I had the clinical tools already, but I knew I needed something more.

As a therapist, it is my job to listen and support all different kinds of people through various stages of life. Why would I need to turn to a mentality coach for support? I was missing a connection to myself, and that is what Your Inner Babe was able to show me.

Therapy utilizes a certain set of skills and training to help people struggling from an array of issues. Therapists can diagnose, set a treatment plan, and help a client build and utilize tools to create a positive future. Therapists are trained to deal with crisis and mental illness. They can help give back some control to clients who are feeling anything but that.

Your Inner Babe provides a different experience on the journey of growth. A mentality coach, like Jacq, is someone that is always in your corner and encouraging you forward. Jacq is the first one to send a positive text when you need it most or words of encouragement when you’re feeling low. She makes it so that you constantly feel supported. Unlike traditional therapy, I was able to set intentions and pave the path to achieve them with Jacq alongside me. For me, YIB created a space that was less about the past and more about the current me. Jacq and I once spoke about how YIB isn’t offering trauma healing or digging into the depths of mental illness, anxiety, or depression. YIB is there for when you need someone to hold your hand, kick you in the ass and embrace the ability to really look at the insanely beautiful person you are. For me, that’s what I needed. I needed a space to feel free to say, “wow I really am a total badass”. It was after a few sessions of Reconnected that I realized, “I’m so much better when I’m really loving me” and from there, the journey hasn’t stopped. I use so much of what I learned in YIB with my own clients needing to bridge the gap between healing and self-love. So often we lose the ability to see the importance of connecting self-love and self-growth

So, how do we decide what we need to bridge the gap? If you are in therapy, don’t stop, the work you are doing is incredibly powerful, but I ask you, are you committing to self-love as well? Some people may feel most supported with a combination of both weekly therapy and a YIB Reconnected group. For others, it may start with therapy, and then at some point transition to a YIB group or workshop. Despite the path you take, YOU are what matters, and getting you back to yourself is the goal. Each of us has an inner babe who, once she is set free, is truly unstoppable. The scariest thing in the world is choosing yourself, but I promise you, despite the route you take, the journey to a better you is ready when you are!

A QUICK NOTE FROM JACQ IN HONOR OF THE YIB PODCAST RE-LAUNCH!



Journaling has truly transformed me.

When I first started, I found that half the time I would write the things I thought I would never have the confidence to say out loud. There were beliefs I had about life and the world that I only figured out once I took that pen to paper. Parts of myself I wouldn't have ever known existed within me, unless I took that time to clear my mind.

There are moments when you write and you realize that you've been outsourcing decisions, neglecting your intuition. Moments when you hit a wall with something and it doesn't feel like you anymore.

Last Spring, I hit on one of those moments with the YIB Podcast.

My typical response would have been to push through to burnout, forcing the situation and myself to make something happen because I felt I "should". But writing gave me the space to realize I was changing and 2020 brought an opportunity to try on a different approach.

To step back.

To TRUST that the resistance was there for a reason and trust I'd feel pulled to begin another season again if it was right...

And sure enough, one year later, I did!

Formally, Set That B*tch Free, I'm so excited to reintroduce you to the Your Inner Babe podcast.

We've evolved into something that feels so much more honest and real. They're short episodes (10-15min!), just with me and they're interactive!

My hope is that these episodes provide you with an opportunity to work part of the YIB Method *along side me*.

My hope is that these episodes create space for you to feel. Space for you to feel seen and supported.

But most importantly however, space for you to listen and truly hear yourself.

I find sometimes people are intimidated by writing or journaling because they don't know what they might uncover once they start. Maybe you're someone who is still just trying to find your words and let go of "doing it right."

So, let me lead you back to you 10-15 minutes at a time and together we'll take it "LINE x LINE..."

Journal Prompt:

WHAT LIMITING BELIEFS ARE HOLDING YOU BACK FROM LIVING YOUR DREAM LIFE?