

YOUR INNER BABE // ISSUE 7 // VOLUME 1

BEYOND THE INNER BABE



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May's Quote:

"WHEN I LET GO OF WHO I THOUGHT I HAD TO BE,
I COULD FINALLY BECOME WHO I REALLY AM."

SPIRITUAL FORECAST

By Alexa Sharwell

May is full of energetic shifts and pivotal expansion. While Taurus season comes to an end, we will move into a grounding New Moon on May 11th. This is a perfect moment to take time for yourself and enjoy the simple moments and a spark of creativity. Jupiter moves into Pisces on the 13th, after 11 years, bringing a time of heightened intuition and spiritual growth. Gemini season begins on the 20th, it's time to express yourself and think big picture. We have a Full Moon Total Eclipse on the 26th bringing a big energy clearing and turning point. Allow all of these shifts to steady you as Mercury moves into Retrograde on May 29th.

Anthem of the Month 'CLOSE TO YOU'

BY: R3HAB &
ANDY GRAMMER

LET'S TALK ABOUT... PERFECTIONISM

Perfectionism - that super annoying voice in the back of your head that you can never seem to shake. Even as I sit and write this, I can hear it. "You can't submit this as a draft". "This sentence doesn't feel inspiring enough". "This work is not good enough". Perfectionism follows me around constantly, and for lack of a better word, it scares the shit out of me.

For as long as I can remember, I have cared what people thought of me more than what I thought of myself. I grew up in a town where greatness wasn't expected, it was required. So, I put on the best performance of my life. I juggled academics, activities, and volunteer work with ease. I wore the biggest smile on my face and never let anyone see me stressed. However, perfectionism was always nagging at me in the background. I was, and still am, extremely fearful that if I show someone that I don't have it all together at all times then they will think less of me. That I am not enough just as I am.

The juggling act got old and the perfectionism got the best of me. I would overwhelm myself so much with the idea of being perfect that I would neglect all responsibilities. I adopted the mindset of "Well, if it's not perfect then it's not worth sharing".

It was not until recently that I decided enough was enough. I was tired of pretending and I was finally beginning to love myself. I thought about all the genuine connections I could potentially miss out on if I didn't show people the real me. I finally understood that it was okay to be a work in progress. That it is more than okay to not have it all figured out (fun fact: no one does). That perfectionism and comparison are such old stories and not worth retelling. So, I stopped pretending to be perfect all the time. And guess what? Sharing my imperfections with the world brought me deeper love and greater connections than I have ever experienced. Ironical, huh?

So many of us strive for perfection because we think we aren't worthy unless we are perfect. That way of thinking is so flawed. We must learn to love ourselves at our highs and our lows. We must love ourselves no matter what we accomplish or don't. We must love ourselves BECAUSE of our imperfections. That is what makes us unique. You are perfectly imperfect- and that is beautiful.

YOUR INNER BABE · EDITOR: ALEXAS PLOTNICK

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A



Emily Denberry

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

A: I will say reconnected found me when I needed it the most. I started following Jacq Gould sometime back in 2019 through the Instagram rabbit hole, and when 2020 hit I was in a really rough space. I was laid off from my corporate job as an event designer, my boyfriend at the time was moving across the country for a job he couldn't say no to, toxic friendships revealed their true colors, and I found myself moving across the state of Texas back in with my parents.

I was so lost, and while I was coping with my new reality, Jacq had posted about doing free 30-minute calls. I thought to myself "why not, this couldn't do any harm." After that call with Jacq, things started to shift. I truly began to recognize how bad of a place I really was mentally and emotionally. Reconnected was a no brainer. I had never invested in myself before and it was terrifying for me to spend money on something that was for me. If it weren't for Jacq giving me that loving push to put myself first, I honestly don't know where I would be today.

Q: How did you have the courage to start your own business? Do you have any advice to people that want to take that leap and start their own business?

A: Reconnected, truly. I had always wanted to start my own business, but I never thought that it would be in the industry that I am in now. Reconnected pulled me out of one of the darkest times in my life and truly made me believe in myself. What Jacq taught our group in eight weeks showed me that I never want to experience that type of low I was in. To experience this group program and to understand that I was not alone in my struggle and that all of us were going through it together was inspiring. It also was heartbreaking that so many of us go through our personal battles and we feel like we have to go through it alone.

While I was going through the program, other healing modalities found me in the strangest way. I was innately pulled to get a certification in breathwork and meditation, get placed in Reiki, and start a tarot card course. Modalities I truly have never heard of or been pulled to before but Reconnected helped me learn to listen to my gut, so I followed it and The Embody Edit was born.

The Embody Edit has been one of the biggest leaps of trust I've ever made, and it has been the biggest teacher and healer for me. I've learned so much about myself, my faith, and my purpose in this business and I contribute that to me finally believing in myself. I've learned that the more I trust myself, the more the business grows and evolves. The Embody Edit is still a new business, but I can't wait for it to evolve. There's a lot going on behind the scenes that I can't wait to share.

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

If you want to start a new business the absolute best advice I have is that if it's meant to happen it will in Divine Timing, and that trust in yourself is crucial. Your business will only be as successful as the confidence that you have in yourself.

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

A: I definitely feel that I am the most disconnected from myself when I spent a ton of time on my phone. Social media detoxes are extremely important to me. Setting boundaries with screen time has been huge in staying connected to myself.

Daily rituals or routines are how I stay connected (and sane). What I've learned the past year is that the things you do daily and the habits you have make you who you are. So, if you aren't connected to yourself now, make a conscious effort to add something small in everyday that allows for you to check in with your mind and your heart. Only you truly know yourself to your core, and you live with yourself the longest, so the more you connect to yourself the more beautifully aligned your life will be.

While I sit with myself in meditation, I use YIB's hand on heart practice. It is so powerful in helping me validate myself. Meditation, my Spotify playlists, breathwork, the YIB Connection Journal, walking and any movement are key. Making a point to put my faith, emotional, mental, and physical health first is how I stay connected.

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

A: When I'm not learning about spirituality, the brain, human design, and astrology, I LOVE moving my body. My workouts are my medicine and I love @RachaelGoodEats workouts. I say my first passion was fitness, and that if it weren't for fitness, I would've never truly understood the importance of mental health. I love traveling and plan on doing that a lot more soon!

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

A: What I've learned about myself is that I am a continual work in progress and there is no such thing as perfection. Since I've become more connected, I realized that I had to get to know myself again. I had to truly realize what I like and what I'm passionate about, rather than what is trendy or what my friends are doing. That in itself has been so freeing.

I'm continually allowing myself to follow what I'm drawn to and that has changed how I live my daily life. In my corporate job I never took time for myself or what I wanted - time was always filled by the needs of others. I didn't know that I could take time for myself. Now I have the opportunity to listen to myself, to learn, and in turn teach others.

Connecting to myself has changed the way I live my life and has put so many things in perspective. I would've never started this business, I would've never found my power, I would've never had the confidence to help others if I hadn't connected back to me. It sounds dramatic because it is. I finally feel as if I am growing into the person I am meant to be and it's beautiful. I am so excited to be able to give that opportunity to so many of my clients. Grateful is an understatement.

NOURISHMENT MENU

Your Guide to Spring 2021's Best Trends

1

ABSTRACT NAIL ART



2



CHUNKY RINGS

3

KNIT DRESSES



CHLOROPHYLL WATER

4



SELF CONNECTION



6



CLAW CLIPS



BERMUDA SHORTS

YELLOW TINTED SUNGLASSES



5

8

5 AFFIRMATIONS THAT WILL CHANGE YOUR LIFE

The words that we say to ourselves can be truly transformative.

When we are caught in negative thought patterns, it is easy to listen to all the myths and limiting beliefs that we tell ourselves. Positive affirmations are words that allow for you to break free from the negative self-talk, question those limiting beliefs, and remind you of all the beautiful things that make you... YOU.

Here are a few affirmations to help you begin your journey of self-love.

I AM MORE THAN ENOUGH.

I'M NOT PERFECT AND THAT'S OKAY.
I ACCEPT MYSELF JUST AS I AM.

I AM ALLOWED TO TAKE UP SPACE.

TODAY IS FILLED WITH ENDLESS
OPPORTUNITIES TO START OVER.

I AM WORTHY OF LOVE, HAPPINESS,
AND PEACE.

“YOU’RE BLOOMING” FLORAL ARRANGEMENT

April showers bring May flowers and nothing brightens our day quite like a fresh bouquet.

WHAT YOU’LL NEED

- A VESSEL OF YOUR CHOOSING
- PEONIES
- PINK TULIPS
- PINK RANUNCULUS (“BUTTERCUPS”)
- WHITE RANUNCULUS (BUTTERCUPS)
- MINI PINK CARNATIONS
- BABY’S BREATH
- WHITE BLOOMING BRANCHES
- GREENERY (RUSCUS OR EUCALYPTUS)

DIRECTIONS:

1. First, you will need to choose a vessel for your arrangement. Get creative with this! You can use vases, bowls, jars, wine bottles, boxes, or even a teapot.
2. Add water to your vessel.
3. Begin arranging with your greenery. Make sure to place them at different angles to add width to the bouquet.
4. Start placing your larger flowers (peonies and tulips) around the greenery. Continue rotating the vessel and work in a circle so that your arrangement features all the flowers from every angle.
5. Continue by adding in your more delicate flowers (ranunculus and carnations).
6. Fill in empty spaces with your white filler flowers (baby’s breath and blooming branches). This will add in some more height and texture.
7. Place your arrangement in a well-lit spot and enjoy!

Pro Tip: Make sure you trim the extra leaves that might be submerged so that only the stems of the flowers are touching the water. This will keep your water clean, help the flowers absorb more water, and keep your arrangement looking fresh a little bit longer.



WHAT'S HAPPENING AT YIB?

Dear YIB Family,

My goal has always been to reach as many people as I can and to provide them with a space so that they never feel alone. I am so excited to share that we are expanding and have launched a *BRAND NEW* room on Clubhouse. We are hosting a live journaling room every **Monday at 1 PM CST**. It is a beautiful, brief break from your day to check-in with yourself and write. It is a chance for you to hear from others and to share in an intimate and supportive space. We would love for you to join us! If you need an invitation for the app please reach out to one of our YIB team members.

As we enter Mental Health Awareness month, I want to be able to continue supporting you as best as I can. That is why I have planned some incredible resources for you this month. We will be hosting a **Self- Connection Challenge** from **May 17th- May 27th** on the **@yourinnerbabe** Instagram. We have provided you with 11 tools that you can access each day as you choose to show up for yourself.

I want to remind you that you all have the power to choose yourself. I see you, I hear you, I understand you, and I love you. I am here for you always.

xx, Jacq

Journal Prompt:

ALL OF THE SMALL CHOICES YOU MAKE ULTIMATELY ADD UP TO A GREATER CONNECTION.
WHAT SMALL CHOICES CAN YOU MAKE TO SHOW UP FOR YOURSELF?