

YOUR INNER BABE // ISSUE 3 // VOLUME 1

# BEYOND THE INNER BABE



LET'S TALK ABOUT... - 01  
SPIRITUAL FORECAST - 01  
NOURISHMENT MENU & RECIPE - 02

CLIENT SPOTLIGHT- 03/04  
JOURNAL PROMPT - 04  
GUIDE TO DATING YOURSELF - 05/06

## January's Quote:

"YOU ARE ALLOWED TO LET GO OF THE OLD YOU. YOU ARE ALLOWED TO START AGAIN AS MANY TIMES AS YOU NEED TO"

## SPIRITUAL FORECAST

BY ALEXA SHARWELL

We started off the year 2021 in the sign of Capricorn. This time was especially meaningful as it served as a strong reminder of our strength and resiliency. We are currently experiencing a day of quantum creativity and intuitive insights. As we approach a New Moon in Capricorn on Tuesday the 12th, go with the flow. Be reminded that structure begins within. We move into Aquarius, an air sign, on January 19th. This will bring feelings of clarity and curiosity. On January 28th, we will reach our first full moon of the year in the fiery sign of Leo- bringing more expansion, growth, and joy. This is to prepare you for a shift as we move into Mercury in Retrograde on January 30th. Use this time to slow down, rest, and recharge.

Anthem of  
the Month

IF WE NEVER MET

BY: JOHN K

## LET'S TALK ABOUT... SETTING NEW YEARS INTENTIONS

This past year has been a whirlwind, and now we are looking towards 2021 with the hope that this will be a better year. It's at this time that we make those dreaded New Year's resolutions. The promises that we likely won't keep. We resolve to lose weight, quit bad habits, and spend less money. We set these huge goals, and when we don't achieve them we feel like we have failed ourselves. New year's resolutions are often created from this idea that there is something broken in our lives or within ourselves that needs to be fixed. The issue is that you're not broken and you definitely don't need to be fixed. We find that resolutions are unattainable because they come from a place of deep disconnection. We say "I want to work out more in the new year", but what does that really mean? What is the motivation behind that? What will this change bring us? What do we really want and most importantly, why?

At YIB we choose to set New Year's intentions rather than resolutions. Intentions are not tangible goals, but more so little accountability markers that help keep you in alignment with your greater purpose. Instead of saying "I want to lose weight this year" we can reframe it and say "I intend to listen to, love, and nourish my body". Intentions show us that you can choose you and the rest will follow. Intentions teach you to listen to yourself and learn how to show up for yourself.

### HOW TO SET A MEANINGFUL INTENTION:

1. Begin by closing your eyes, taking a deep breath, and visualizing what you want and what brings you joy. Focus on the feelings and emotions that come up in your visualization.
2. Write down a list of your intentions on paper and frame it in a positive way. Be sure to use "will" instead of "won't".
3. Read your list aloud or place it underneath your pillow in order to release it into the universe.

# KOMBUCHA COCKTAIL

A COOL, FRESH ALTERNATIVE TO  
YOUR NYE CHAMPAGNE

## INGREDIENTS

1 OZ	Fresh Lime juice
¼ CUP	Diced Grapefruit
5	Mint leaves, stems removed
2 OZ	Vodka (omit for a mocktail)
½ TSP	Agave
6 OZ	Passion Fruit- Tangerine Kombucha (we recommend Health-Ade Kombucha)

## DIRECTIONS:

Add lime juice, diced grapefruit, and mint leaves to a cocktail shaker and muddle.

Add agave and vodka to the mix and shake well

Strain and pour over ice

Top with grapefruit kombucha

Garnish with lime and mint.

TIP: Add a drop or two of liquid chlorophyll for added sweetness and an antioxidant boost!



# NOURISHMENT MENU

## NEW BOOKS TO READ IN THE NEW YEAR

- |   |   |
|---|---|
| 1. UNTAMED BY GLENNON DOYLE                     | 6. THE GUEST LIST BY LUCY FOLEY                     |
| 2. LIKES BY SARAH SHUN-LIEN BYNUM               | 7. DAISY JONES & THE SIX BY TAYLOR JENKINS REID     |
| 3. THE VANISHING HALF BY BRIT BENNETT           | 8. ASK AGAIN, YES BY MARY BETH KEANE                |
| 4. SUCH A FUN AGE BY KILEY REID                 | 9. THE MIDNIGHT LIBRARY BY MATT HAIG                |
| 5. THE LIGHT IN HIDDEN PLACES BY SHARON CAMERON | 10. THIS ONE WILD AND PRECIOUS LIFE BY SARAH WILSON |

# CLIENT SPOTLIGHT

## YIB'S INSPIRATIONAL CLIENT Q&A



PHOTO BY: RACHEL NEVILLE

*Coley DiGiovanni*

**Q: WHAT URGED YOU TO BECOME RECONNECTED?**

*A: I've experienced quite a bit of trauma in my life, and that forced a wedge between myself and my inner babe. I didn't even really recognize it at first, but I realized I wasn't living life for myself anymore. I didn't know what I liked or what made me happy. I didn't know who I really was. After my sister, Ella, went through Reconnected and I saw how much it impacted her life, I wanted in. So I took a leap of faith and changed my whole life. I didn't know this level of happiness was even attainable (and I was able to find that happiness amidst all the chaos and uncertainty that this past year brought us).*

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

*A: My life feels completely different since becoming more connected. I have experienced more happiness in the past few months than I have my whole life. I think this is because I finally learned that my happiness comes from within- from my truest form of self. Everything else in life that makes you happy is just bonus happiness! For the first time, I am actually excited about life and excited to live. I am confident and I have a newfound sense of confidence and respect for myself. Like any human, I still have harder days, but I have the tools to help guide me through the tough days. I also have a new amazing and supportive family at YIB that I am beyond thankful for.*



*I honestly cannot wait to get back to my dancing and all of the other things I loved to do before COVID. I am going to have such a different perspective, drive, motivation, and appreciation now that I am Reconnected. Now that I have my four wings, I can finally fly freely through my life with the peace and serenity of a butterfly.*

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

*A: Every day when I wake up, I repeat the mantra “remember who the fuck you are” and that truly just jumpstarts my day and connects me to my true self. Throughout the day, I run through “I am” statements in my head. I do that so often at this point, that it has become second nature. I also remind myself that I love myself every day. I often say it out loud to solidify the thought and feeling. These simple things help me stay connected to my inner babe throughout my day.*

**Q: WHAT WAS THE DRIVING FORCE BEHIND STARTING YOUR OWN BUSINESS NICOLE MARIA CREATIVE (@NICOLEMARIA\_CREATIVE)?**

*A: I graduated from college in 2019 with a BA in dance. I spent my whole life training to become a professional dancer. When I graduated, I was thrilled to get started with my career. I was dancing and performing with a ballet company my first year post-grad, but then when COVID hit that all stopped. It was really hard for me to cope with the fact that I temporarily lost something that I had worked so hard for, and I struggled with not having inspiration and creativity in my daily life. I decided to get a certificate in graphic design in order to keep creating through different mediums. Then, I started learning photography and decided to start my own business! It has kept me busy, inspired, creative, and happy during this difficult time, especially as a performer.*

**Q: WHAT ADVICE DO YOU HAVE FOR PEOPLE THAT WANT TO START THEIR OWN BUSINESS AND TRY SOMETHING NEW??**

*A: If you are passionate about something and are able to turn that passion into a business, go for it and go all in. I've been taking different classes to continue to educate myself. You definitely need to continue to be willing to learn and grow in your craft!*

*Journal Prompt:*

HOW HAVE I SEEN AND FELT MYSELF CHANGE THIS YEAR?

# THE ULTIMATE GUIDE TO DATING YOURSELF

WRITTEN BY: RACHEL FRIED

Undeniably, any solid relationship requires a proper amount of courting. Granted most social gatherings have been forced off the calendar and social distancing doesn't necessarily allow for the best climate to spark something new. Needless to say, we've been left to get creative. We have started turning inwards and wooing ourselves in a welcome change. After the plight of the holiday season, there has never been a better time to snub the cold, biting winds and resign to a cozy night at home. Here is our YIB-approved guide to the ultimate 'me night.'

## 1 PAUSE

Entering the New Year is always chaotic, especially coming back from that Christmas/NYE week-long reprieve. So, inhale, hold, and exhale. Power down your phone, let your screen-time meet you back in the morning, and pause. Set the tone for your night in by lighting a candle or dimming the lights. Do your best to remove any lingering stress from the workday- knowing that holding it with you will only damper an evening of unwinding.

## CONNECT 2

Connecting to your inner self is so essential in optimizing a night alone. At its least it gives you pause, and at its most, it gives you purpose. There is no wrong way to go about connecting so take the pressure off and simply acknowledge your feelings, breath, and mind. Appreciate everything you are in this moment. One of our favorite ways to connect is through Your Inner Babe's hand on heart technique- centering ourselves by accepting our emotions, letting them approach us without harm, and acknowledging them without fault. Easier than it sounds, follow along on the next page:

1. CLOSE YOUR EYES AND PLACE YOUR RIGHT HAND ON YOUR HEART AND YOUR LEFT HAND ON TOP.
2. STEADILY AND INTENTIONALLY, BREATH IN AND OUT, LETTING YOUR EMOTIONS RISE TO THE SURFACE.
3. WITHOUT JUDGMENT, EMBRACE HOW YOU FEEL IN THIS MOMENT.
4. OPEN YOUR EYES, REMOVE YOUR HANDS, AND PLAY...

# 2

## 3 PLAY

Pausing and connecting leaves so much space for us to reignite our inner child, finding joy in all those hobbies that lost their spark as we got older. So be here and pamper yourself with playtime. Sate yourself with unwavering, uninterrupted joy! **DANCE**-alone, brazenly in the mirror. **DRAW**- colorfully, badly, outside of the lines. **READ**- stories, fantasies, mysteries, all of it. Bake- the most decadent, luxurious recipes without care. Your options are limitless. Reimagine what brings you bold, loud euphoria, and embrace it!

## INDULGE

Perhaps our most important step, so don't hold back! Are we ordering-in? In a face-mask and robe? Is there a book in hand? Are cookies browning in the oven? Will we treat to a warm bath with a glass of wine before falling asleep early? Have I just mapped out your evening? There are no restrictions, rules, and no one else on your at-home date night. The script is yours, so don't play small. Cater to yourself, immured within your own four walls, and nurture the most important relationship you have: the one with yourself.

# 4