

YOUR INNER BABE // ISSUE 10 // VOLUME 1

BEYOND THE INNER BABE



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August's Quote:

"OWNING OUR STORY, AND LOVING OURSELVES THROUGH THAT PROCESS, IS THE BRAVEST THING THAT WE'LL EVER DO."

SPIRITUAL FORECAST

By Alexa Sharwell

August is a month full of powerful, fiery energy. We spend most of the month in Leo season, which ignites our inner strength and bravery. Today, 8/8, is one of the most magical days of the month, as a Leo New Moon and Lion's Gate Portal. Connect to your highest self and be open to the new messages offered. The universe is listening and ready for you to manifest all you dream of today! On August 22 we have our second Aquarius Full Moon, as the Sun moves into Virgo. Continue to shed what's yours to release and embrace the sweet closure that you receive. Virgo season brings a grounding presence to your daily world. Allow the goddess energy of Virgo to remind you of your personal power.

Anthem of
the Month

'TRY AGAIN'

BY: DALLASK
FT. LAUV

ASK JACQ...

Your Inner Babe's Modern Day Advice Column

Q: I often struggle with how to feel accomplished. When will I finally be able to say that "I did it."

A: We have grown up in a society that places so much value on success. We work hard to get into a good college. We work hard to get a good job. We work hard to get a promotion. We work hard to get that house or that car or whatever it might be. We equate material items to success and accomplishment. But, there is always going to be something else that we need to work hard for to achieve. That feeling of accomplishment that you are searching for really needs to come from within. So many of us struggle with that feeling that we haven't done enough or we aren't enough. When we replay these negative thoughts over and over again it's so easy to forget how far you've already come and what you have always accomplished. There is always going to be "more", but if we keep striving for that next "thing" and don't have gratitude or intrinsic pride for what we have already gone through to get where we are now, then we will always feel stuck feeling like we haven't accomplished anything. Write down your accomplishments, look at how far you've come, be proud of all that you have done. When you look back, then you will finally be able to say "I did it".

Q: I am struggling with understanding my path. I've wanted to perform my whole life, but I'm unsure if I can make it my career.

A: The first thing that I will say is that your path is uniquely yours. It is so easy to get caught up in what everyone else's path looks like that we forget to focus on what WE want and what makes US happy. If you've always wanted to perform, then perform! It's not often talked about, but most of us go through lots of careers until we find what we are meant to do. I didn't create Your Inner Babe right out of college. I too had to go through many different careers and paths until I found my purpose and what I was passionate about. If you've found what you're truly passionate about, then you're lucky! Do not let the fear of failure or of not being good enough stop you from living your dreams. I let myself believe I wasn't enough to succeed in performing and I walked away. I made a vow to myself when I started YIB to never ever give that inner critic enough power to win against me again.

ASK JACQ CONTINUED...

Your Inner Babe's Modern Day Advice Column

Q: How do you choose yourself when there is the worry of disappointing others?

A: I think we need to remember that at the end of the day all we really have is ourselves. Someone is always going to disagree with how you live your life. But, the people that matter the most are the same people that want you to choose yourself and put yourself first. If they don't, then they're not your people. Always choose yourself and do what is best for you no matter what. Remember that sometimes it's selfless to be a little selfish.

Q: I feel like I have done all the "work", but I still find myself feeling low. How can I continue to pick myself up over and over again.

A: Let me start out by saying how proud I am of you for doing the work. Sometimes choosing ourselves is the most difficult choice to make, but it is the most important and the most rewarding. It's necessary to understand that the work is never finished. Life is hard, and we will continue to be put in situations that test our strength. There will always be more lessons to learn and more growth to be had. When you are hit with something new, remember how far you've come. Remind yourself through the use of "I am statements" that you are strong and capable of amazing things. You have picked yourself up before and you will continue to pick yourself up.

Q: Do you have a daily ritual to connect with your Inner Babe?

A: The ritual that I come back to time and time again is YIB's signature practice of Hand on Heart. Each day I place my hands over my heart, breathe, and ask myself "How am I feeling?". Once I get this feeling, I write it down in my YIB Connection Journal and brain dump for a bit. Naming my feelings and journaling is the quickest way for me to reconnect to myself and unstick from any negative feelings I may have.

Q: What is the best way to support a friend who is suffering from an ED?

A: Just listen. Often times, eating disorders are a symptom of a much larger root issue. We spend a lot of time giving our opinions and telling people what they should and should not do. But sometimes all people really want is someone to sit, listen to them, and let them know that they are not alone. If they explicitly ask for help or advice then of course give that to them. But at the end of the day, being a good listener is one of the best ways that you can be a supportive friend.

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

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

A: I'm big on breath work. I bookend the day with some deep breathing. In the morning I sit up with my eyes closed and set an intention for the day ahead. I wind down at night with belly breathing and thoughts on gratitude. When I'm feeling particularly anxious or frustrated I place my hand on my chest and say "I know who I am" and it grounds me.

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

A: A lot of things had come to a head- the challenges that come with being a new mother, the isolation of the pandemic, and imposter syndrome left me feeling paralyzed. I wanted to show up better for myself, my family, and my business and I couldn't do it alone. I needed a lot of support and that is what reconnected offered.



Katie Fitzgerald

Q: How did you decide to and have the courage to start your own business?

A: I saw first hand- both personally and professionally- that largely women were left on their own to figure out how to take ownership of their hormone health. As a wellness professional I knew where to look for answers, but even then it was time consuming, expensive, and unsustainable. I genuinely felt compelled to help! However, I didn't take the leap myself...I was definitely pushed. My co-founder/best friend, Pete, painted the most beautiful picture of what we could accomplish together.

Q: What advice to people that want to start their own business?

A: Do not go it alone. Entrepreneurship is a roller coaster and can feel really lonely sometimes. Seek out peers who are doing things that you admire and connect regularly. Align yourself with mentors- as many as you can!

Q: What is your big motivating factor?

A: Hope. I think my business gives women hope, which is rare and fleeting at times. Hope opens the door to so much and I want that to be more available to people.

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

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

A: I am so proud of the fact that I have shrunk my negative self-talk habit. Now I treat those thoughts like a bug in the room. I acknowledge it when it enters my space, then I let it out the window, or sometimes I squish it under my foot depending on how big or nasty it is. It's not gone, but it's smaller and easier to manage.

Q: How do you find balance between running a successful company and taking care of yourself?

A: I do my best and I allow myself to accept that it's good enough because it's really really hard. I threw the idea of balance out the window because a working mother's time is never even. Some days I "mom" more, some days I "work" more. The days that I feel my best, my most connected, highest self are the days where I prioritize including at least one meaningful activity just for me.

UPCOMING GROUP SECTIONS

Reconnected

EVENING:

Mondays - September 13th
Mondays - November 8th
Thursdays - August 26th
Thursdays - November 4th

2.O

EVENING:

Wednesdays - August 18th
Tuesdays - October 5th

Emerge

EVENING:

Wednesdays - December 1st

[Sign up here!](#)

UPCOMING WORKSHOPS

Connecting to your Chakras

7 WEEK WORKSHOP SERIES STARTS TUESDAY, AUGUST 17TH • 6:30-7:30PM CST

\$40 PER WORKSHOP • \$240 FOR ALL 7 -- Buy all 7, Get 1 Free!

[Sign up here!](#)

END OF SUMMER SPRITZ



INGREDIENTS:

2 oz Limoncello

4 oz Prosecco

2 oz Topo Chico

Lemon wedge (for garnish)

DIRECTIONS:

1. Pour limoncello, prosecco, and topo chico into a glass over ice.
2. Garnish with a fresh lemon wedge.
3. Sip and enjoy!

TIPS & TRICKS...

TO DE-STRESS DURING THE WORK AND SCHOOL DAY

Summer is quickly coming to an end, a lot of us are leaving the remote world behind and returning to the office or school. Between our heavy work loads and the rest of the responsibilities of life, it is hard to find balance between all these demands. Stress is inevitable, but sometimes we find that it forces us to feel stuck and prevents us from doing our best and taking care of ourselves.

We have come up with 7 tips and tricks to help you manage the stress of returning back to work and school and allow for you to continue showing up as your best self.

1. Name your feeling: If you find yourself feeling overwhelmed or anxious during the day take a minute to do a quick 'Hand on Heart' by taking a few deep breaths, naming whatever feeling comes up, jotting it down on paper (or the YIB Connection pad!), and honoring the feeling. Acknowledging and honoring whatever feelings come up allows us to push past them and not allow for them to hold us back.

2. Make your work space enjoyable: It's often said that a cluttered space can lead to a cluttered mind. Take some time to reorganize your space and be sure to decorate the space in a way that makes you excited to spend time there. Spruce it up with pictures from happy moments in your life, plants or flowers, fun coffee mugs, Post It notes with inspirational quotes, or anything else that brings you joy.

3. Make to-do lists or schedules: It is easy to feel stressed when we are not prepared or feel behind in our work. A great way to combat this is by creating to-do lists of everything that you need to accomplish for that day. Start your list with your largest, most time sensitive tasks and continue down the list with less important tasks. It may even be helpful to block out a specific amount of time that you want to spend on each task. Plus, being able to physically cross items off your list will take a load off and make you feel accomplished.

TIPS & TRICKS...

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4. Take mindfulness breaks: When you find yourself staring at the screen or your work for too long it's great to take a mindfulness break. This can be a quick 5-10 minutes of breathwork, meditation, visualizations, or journaling. Mindfulness breaks allow you to refocus and recharge.

5. Take movement breaks: When you're back in an office or in class, you will be sitting for longer periods of time than you're used to. Get up and move around! You can take a quick walk outside on a lunch break to get some fresh air. Moving your body will help increase your mood and decrease your stress levels.

6. Fuel your body: It's so important to fuel yourself with foods that nourish your body and keep you energized throughout the day. Make sure to eat a full breakfast and keep snacks at your desk. Depriving ourselves of the nutrients we need puts extra stress on our bodies and can lead to a sluggish, unproductive feeling.

7. Connect with your coworkers or classmates: Work and school can put a lot of pressure on yourself, but you are not alone! Use your coworkers or classmates as a built-in support system. I bet they also feel some of the same pressure or stress that you do! This support network is a great way to vent or come up with solutions to issues that you may be having.

QUIZ: WHAT IS YOUR INNER BABE'S MANTRA?

Q: Where would you take your Inner Babe on vacation?

- A. The mountains
- B. The beach
- C. A small city in Europe

Q: Which nourishment menu item would you pick?

- A. Take a walk in nature
- B. Buy myself flowers
- C. Read a book

Q: What's your go-to drink?

- A. Celery Juice
- B. Matcha
- C. Oat Milk Latte

Q: What is your favorite city?

- A. Aspen
- B. Miami
- C. NYC

Q: Who would you want to spend the day with?

- A. Simone Biles
- B. Kendall Jenner
- C. Natalie Portman

Q: What is your preferred method of healing?

- A. Reiki
- B. Breathwork
- C. Journaling

Q: Choose a group program.

- A. Reconnected
- B. 2.0
- C. Emerge

QUIZ: WHAT IS YOUR INNER BABE'S MANTRA?

If you answered mostly A's:

"I AM BRAVE."

If you answered mostly B's:

"I AM FREE."

If you answered mostly C's:

"I AM INTELLIGENT."

Journal Prompt:

WHAT IS MY INNER BABE DREAMING OF?