

YOUR INNER BABE // ISSUE 13 // VOLUME 1

BEYOND THE INNER BABE



LET'S TALK ABOUT... - 01
SPIRITUAL FORECAST - 01
CLIENT SPOTLIGHT - 02/03

JOURNAL PROMPT - 03
GIVING THANKS - 04
BUTTERNUT SQUASH SOUP - 05

November's Quote:

"IT'S HERE, IN THIS WIDE OPEN SPACE, WE HOLD THE POWER TO CREATE SOMETHING THAT HAS YET TO EXIST."

SPIRITUAL FORECAST

By Alexa Sharwell

November has been full of potent shifts and will continue to lead us into Eclipse season. The first half of the month brought us a welcome sight of Mercury going direct, a powerful Scorpio New Moon, and 11/11: an energy portal of manifestation. This week, on November 19th we have our first lunar eclipse full moon in Taurus. Imagine a supercharged full moon, bringing a dynamic release. This eclipse highlights relationships with abundance and your environment. This is the time to let go of what's holding you back once and for all in these areas. Two days later on the 21st, we move out of the depths of Scorpio season into Sagittarius season. Welcome your free spirited self. November has been full of energy portals and you have one more opportunity to feel into one on 11/22. Work with the upgrades and forward momentum as the energy of 2022 is upon us.

*Anthem of
the Month*

I BELONG

BY: MILCK

LET'S TALK ABOUT... GRATITUDE

When you wake up in the morning what is the first...

thing you think about? Where is the first place your mind travels to? The first thought your mind lands on? For me, it used to be, "sh*t, I am going to be late for work," or "UGH I do not want to get out of bed today, can't I just take 5 more minutes?" This repetitive morning mindset became a habit I did not even realize I was cementing. These repetitive thoughts that began the moment I awoke would linger throughout my day, impacting not only that day, but also my weeks. Those weeks quickly turned into months, and eventually it just became my norm. It became how I lived my life. When you are deeply sucked into that negative headspace and limiting mindset, the absolute last thing you would ever dare think about is, "What am I grateful for?"

I remember at the end of my first session of Reconnected, Jacq suggested we bookend our evenings with a wind-down, writing three things we were grateful for. She said, "It can be ANYTHING, big or small. Don't overthink it. Simply, what are you grateful for?" At that very moment, my heart felt heavy. Why? I realized I had gone way too long without thinking about this, and I had SO much to be grateful for. I remember telling myself after that session that starting the following day, I would take one moment to think or write down 3 things I felt grateful for. Some days it was as small as my morning cup of matcha or waking up while it was still dark out and being productive. On others, they were a little bigger like, "I am grateful for a boyfriend who truly supports my dreams and aspirations and wants only what is best for me."

As I began incorporating this into my daily routine, my mornings instantly improved. I now wake up feeling less tired and move out of bed with more energy and purpose. Even if I am tired some mornings or not as motivated, I can lay in bed as my alarm goes off and shift into this mindset of gratitude. I repeat in my mind, "I am grateful to be able to wake up today and live another day", or "I am grateful for a cozy warm bed to wake up in." I can attest that embracing gratitude in your life and applying it to your routine truly enhances your mood and wellbeing. I find myself less stressed about things I normally would have been stressed out about and not taking life as seriously as I used to. This ritual has brought so much more good and positivity to my life than I ever could have imagined.

I am so grateful for Jacq, for Reconnected and the beautiful group of women that inspire me to keep going each day and to continue being vulnerable with myself.

There is no better time to incorporate gratitude into your routine than the month of November. A month filled with gratitude and reasons to be thankful. I challenge you to take this month and write down three things you are grateful for every day. See what it does for you...

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

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

A: I felt the urge to become reconnected during one of the lowest places I've ever been in mentally. I was in a place in my life where I did not even recognize my own reflection anytime I would look in the mirror, and truly just felt lost in what felt like every aspect of my life. As someone who has been in and out of therapy for many years, I knew that there was a reason I had never stuck with it for long periods of time. I would always leave my sessions with the same feeling of emptiness as I did when I went in. I was always deep down craving something more, to feel whole again, I just did not know how to get to that place.

When YIB came into my life and after my initial call with Jacq, I felt like I was actually ready to make these changes for myself, not because someone was suggesting that I do it, but because it was MY choice. That truly was a lightbulb moment for me and how I knew I was ready to take the leap and discover who I truly was, to become Reconnected. I know YIB came into my life at the exact moment I needed it, without even realizing it, and for that I'll be forever grateful to Jacq and Alexa.



Triana Garcia

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

YIB has taught me the importance of journaling so I definitely try to take a pen to paper as much as I can. Whenever I go a few days without writing I notice how much of an impact it mentally has on me. If I am having a roadblock and don't know what to write, I do hand on heart, take a few deep breaths, and that's where I find myself beginning. Once I begin writing, that's when the words tend to flow.

The Calm App has also been a big game changer for me. I've always been more of a night owl than a morning person, so finding a way to wind down and shut my brain off while getting ready for bed has been the best.

Q: How did you find the balance between work, your social life, and taking care of yourself?

I'd be lying if I said finding balance wasn't something that I still struggle with daily. I work in a creative industry with most of my days spent behind a computer, so it's very easy for me to get sucked into a project I'm working on and even forget to take a little break. Making my nourishment menu was the best

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

thing I did for myself. Each day might look a little different so when I feel burnout in any sort of way I take a minute and ask what I need from my menu at that moment, it fills my cup back up. I've also learned the importance of saying "no" without subconsciously feeling guilty about it. Learning that sometimes I might need to just be with myself instead of go go go has been very big for me.

Q: What motivates you?

A: Some days I feel more motivated than others, but the first thing that comes to mind of what motivates me is feeling fulfilled creatively and surrounding myself with like-minded individuals and creatives. I feel the luckiest to know some amazing individuals who are pursuing their passions full time as opposed to what most would consider a typical career, and to see my friends excelling at what they love to do, in turn motivates me to do the same.

Podcasts have also become a favorite way I like to keep myself motivated. Instead of listening to music when I drive, I usually prefer to fill my time discovering different types of motivating episodes. You never know when someone might say something that you resonate with or that you've been needing to hear, sometimes in that random moment is what it actually clicks. I'm also a big fan of quotes that might give you that extra little motivation boost you need for the day.

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

A: Since taking the leap to become more connected, I feel like my life feels full again. Although I still have days where I may feel like I'm taking a few steps backwards, I can't even put into words what it means to now have a toolbox where I know how to navigate through my emotions. Before Reconnected I felt like I was on this track repeating the same patterns over and over again and didn't know how to even take a moment for myself to really think about what I even wanted or how to put me first. After Reconnected I can without a doubt say that I actually value my self worth, and for someone who has ALWAYS put others before her, that's something I never thought I'd get to say, let alone actually believe. I truly now understand that by putting myself first, it's the most unselfish thing I can do. Through the YIB community, I learned that everyone goes through the same struggles, you may just feel like you're alone with them because no one is posting their bad days or internal battles for others to see. To know that I now have a community of the most amazing girls I can lean on if I ever need them, has been worth every part of this journey. Taking the leap of becoming Reconnected was the BEST decision I ever made for myself!

Journal Prompt:

WHO ARE YOU GRATEFUL FOR AND WHY?

GIVING THANKS

5 WAYS TO GIVE THANKS THIS NOVEMBER

During this time of the year, we get so excited to receive, but we often forget the power of giving. Not just gift giving, but also our love, time, appreciation, and energy. The act of giving evokes positive feelings and emotions for both you and the receiver.

1. DONATE THE CLUTTER

Donate food and clothing to donation centers to help those in need as we transition into the colder months. We talk about clearing the clutter often at YIB, now is the perfect time to help those unused items find a new home!

2. HANDWRITTEN LETTERS

Over the course of the season, write handwritten letters to loved ones you may not see in person, sharing how much they mean to you. Showing your appreciation for someone allows a deeper connection to open up between you both.

3. MEANINGFUL CHARITIES

Support a charity or cause that means something to you. As we reflect on all that we are grateful for, it's just as important to remember that others may not be as fortunate.

4. SHARE COMFORT FOOD

Make one of your favorite meals and share it with friends, family or a neighbor. It's an easy yet loving way to give back and enjoy the season together.

5. GRATITUDE RITUALS

Start a gratitude ritual. Begin to write down what you are grateful for in the evening. We believe that how you go to bed is how you wake up and dedicating a few moments of reflection inward before you close your eyes can allow a drastic shift in your mood. See how you feel after a few weeks of incorporating this practice.

BUTTERNUT SQUASH SOUP

By YIB's very own, Alexa DeLeo

INGREDIENTS:

2 tablespoons olive oil
1lb butternut squash, peeled, seeded and diced
1 large carrot, peeled and diced
1 tablespoon of garlic
1 small honey crisp apple, peeled, cored and diced
2 tablespoons apple cider vinegar
1/4 teaspoon cinnamon
1/4 teaspoon ground ginger
Pinch of nutmeg
4 cups choice of stock (chicken or vegetable stock)
1/2 cup heavy cream (full fat coconut milk for non-dairy substitute)
Salt to taste

DIRECTIONS:

1. In a large pot, heat the olive oil over medium heat. Add the celery, onion, stirring occasionally. Cook until somewhat softened and onion is starting to become translucent, about 15 minutes.
2. Add garlic, stirring frequently and cook for two minutes.
3. Add apple cider vinegar and stir.
4. Add squash and apple.
5. Add chicken stock, heavy cream, cinnamon, ground ginger & nutmeg, stir.
6. Bring to a boil then reduce to a simmer for 1 hour with lid on.
7. Once squash and carrots can easily fall apart when cut with side of spoon, use immersion blender and blend until smooth.
8. Add salt to taste.
9. For an extra touch: Toast pumpkin seeds in the oven at 350 until golden brown. Can also add sour cream too for a finishing touch!

What's happening this month...

UPCOMING GROUP SECTIONS

Reconnected



2.O



Emerge

Mondays - January 3rd w/ Alexa

Tuesdays - March 1st

Wednesdays - December 1st

Thursdays - February 17th

[Sign up here!](#)

UPCOMING WORKSHOPS

HEAL: THE WORKSHOP SERIES

A 6 week journey to connect to all parts of you and restore alignment and harmony within your energetic body. To ignite your inner babe within. Your circle of connection. We will clear and heal what's stagnant through a Hypnosis Journey, Holy Fire Reiki, Sound Healing, and Guided Journaling.

Tuesdays, November 16th - December 21st

6:30 - 7:30pm CST

\$200 for all 6 sessions or 3 Pack for \$120

[Sign up here!](#)

15% OFF SHOPYIB

Code 'THANKFUL15'

FREE 'I AM' Statement Post-It Notes with orders over \$50!