

YOUR INNER BABE // ISSUE 4 // VOLUME 1

BEYOND THE INNER BABE



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February's Quote:

"WHEN I LEARNED TO LOVE MYSELF, OTHER PEOPLE'S WILLINGNESS TO LOVE ME NO LONGER DEFINED WHO I WAS."

SPIRITUAL FORECAST

BY ALEXA SHARWELL

As we continue to move through Mercury in retrograde, give yourself permission to pause and slow down. Use this time to channel this energy in a positive way by releasing what is no longer serving you. A new moon in Aquarius just passed through a few days ago, bringing mental clarity and expansion for the collective. Today, the moon is in Aries and a day where practicing optimism can be magical. On the 20th, Mercury will move out of retrograde. Be patient as it stays in the shadow period. As the month comes to a close, we will have our Virgo full moon. Trust your intuition. Pay attention to the messages and signs that are guiding you.

Anthem of
the Month

'DATE MYSELF'

BY: MEIA

LET'S TALK ABOUT... SELF-LOVE

Valentine's day has always been about love. However, over the years it has become more about the stuff- chocolates, cards, stuffed animals, flowers, and nice gifts. I'm not saying that those things are inherently bad, but it has almost become a competition to see who has the most love in their life. For someone who is single on Valentine's Day, I often find myself feeling that because I don't receive these materialistic gifts that there's no love in my life. I even take it to the point where I repeat my most prominent limiting belief, "I am unlovable".

We always hear the phrase, "you have to love yourself before you can love anyone else". As someone who understands this, I still really struggle with the concept. How do I learn to truly love myself? What is self-love?

For the last few weeks I've been dating myself. I take some time out of each day to try something new and focus on me. Self-love can show up in a simple act of kindness that you do for yourself- buying flowers, getting your nails done, relaxing in a bath. However, from what I've learned so far, it goes much deeper than that. It is not about the act of kindness. It is about the motivation behind the action. It is about your driving force. Yes, doing nice things for yourself feels good, but choosing yourself and picking yourself up off the ground to even get to that point is the real self love. Self-love is really just self-compassion. It is about meeting yourself where you are at. It is about being gentle with yourself on the most difficult days and choosing to love yourself extra hard in those moments. Self-love is about picking yourself up, pushing yourself forward, and allowing yourself to unstick from what holds you back.

This Valentine's day, whether you're single or not, I urge you to choose yourself first. All the love you will ever need is already within you.

NOURISHMENT MENU

YOUR INNER BABE'S 7 DAY SELF-LOVE CHALLENGE

DAY 1: MAKE A LIST OF 5 THINGS THAT YOU ARE GRATEFUL FOR IN THIS MOMENT.

DAY 2: SPEND SOME TIME IN NATURE BY GOING OUTSIDE FOR A WALK.

DAY 3: RECONNECT WITH YOUR INNER CHILD BY DOING AN ACTIVITY THAT BROUGHT YOU JOY WHEN YOU WERE YOUNGER.
SOME IDEAS INCLUDE DANCING, SINGING, DRAWING, OR PLAYING A GAME.

DAY 4: COOK (OR ORDER IN) YOUR FAVORITE MEAL.

DAY 5: BUY YOURSELF FLOWERS.

DAY 6: TAKE A BREAK FROM SOCIAL MEDIA FOR THE DAY.

DAY 7: WRITE A LOVE LETTER TO YOURSELF.

MATCHA COOKIES



In a smart trick, matcha has made a foray on baked goods, taking shape as sugary confections while maintaining the health benefits it's been lauded for from the start. Nothing more than ground green tea leaves, matcha powder is rich in theanine, an amino acid essential for relieving stress, and enables lucid, sharp thinking, all while improving digestion and stimulating the mind over a four to six-hour span. So, it's really no surprise that when we merge wellness with powdered sugar we're nothing less than smitten. Enjoyed as a mid-afternoon treat, an after-dinner nightcap, or even first thing in the morning alongside coffee (swoon), these are the ultimate, YIB-approved indulgence!

INGREDIENTS

½ CUP	Butter (sub. vegan)
½ CUP	Coconut sugar
½ CUP	Dark brown sugar
2	Large eggs (sub. vegan flax eggs)
1 TSP	Vanilla extract
2 ¾ CUPS	Flour (sub. 4 ½ cups almond flour)
¾ TSP	Baking powder
¾ TSP	Sea salt
3 ½ TSP	Matcha powder

COATING:

½ CUP	½ cup coconut sugar
¾ CUP	¾ cup powdered sugar

DIRECTIONS:

1. In a stand mixer combine butter and both sugars.
2. Reduce speed and stir in eggs and vanilla extract.
3. Separately, in a large bowl whisk together flour of choice, baking powder, sea salt, and matcha powder. Combine with wet ingredients until a dough forms.
4. Shape into a disk and wrap securely with plastic wrap. Refrigerate for at least one hour, up to two days, until firm.
5. When ready, preheat oven to 350.
6. Place ½ cup coconut sugar and ¾ cup sifted powdered sugar into separate bowls.
7. Roll 1 tablespoon of dough into a ball, coat in coconut sugar, and then in powdered sugar until completely covered – do not shake off excess. (The powdered sugar will absorb into the cookie while baking, so make sure you are generous when coating!)
8. Transfer to parchment-lined baking sheets, one inch apart.
9. Bake approx. 15 minutes, until the cookies spread slightly, crackle, and set at edges.
10. Let cool completely and enjoy!

Recipe yields two and a half dozen cookies.

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

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

A: I journal every morning and every night without fail. In the morning, I do prompts from "Today I Did It Right", which land in my inbox before I even wake up! And at night, I use the YIB Connection Journal to make sure I practice gratitude and appreciation while reminding myself of who I am! Often times if I am overwhelmed, I do a hand on heart check in and a brain dump for 5 minutes. Nothing resets me faster!

Q: HOW DO YOU BALANCE YOUR WORK LIFE WITH TAKING CARE OF YOURSELF?

A: I am an attorney. I have learned the hard way that if you don't take care of yourself, you will burn out very quickly. I get up extra early to make sure that I take care of myself first. I workout, journal, and get a solid breakfast in. I also make sure that I connect with a friend on the phone at least once a day. My friends are my biggest cheerleaders and they never hesitate to tell me when I need to stop and slow down.



Melissa Tirone

Q. WHY DID YOU FEEL THE URGE TO BECOME RECONNECTED?

A: I have had a rough 3 years. When we first went into lockdown, I had a funny feeling that if I could make this time work for me, everything would change. I had done a lot of healing in therapy, but I needed something more. I didn't want to focus on what went wrong anymore. I felt like I was ready to run again, but I just wasn't sure I knew where I was going.

Q: YOU HAVE NOT FOLLOWED THE “TYPICAL” ROUTE AND HAVE HAD A FEW BUMPS ALONG THE WAY, YET YOU HAVE NEVER GIVEN UP ON YOUR DREAMS. WHAT HAS GIVEN YOU THAT “NEVER GIVE UP” ATTITUDE AND HAS MOTIVATED YOU TO KEEP MOVING FORWARD?

A: I always believed that if you were kind and honest, did the right thing, and worked hard that everything else would work out. I found out the hard way that that was not true. I also found out that no one will fight for you the way you will fight for yourself. So, I just started to do the work. All of the work. I had already been to the bottom and survived. Nothing scared me anymore.

No one with character and integrity ever got there the easy way. That motivates me every day. I wear the trauma like a badge of honor. Nothing happens to you— it happens for you. And what you do with that gift, is up to you. You can dig in and love yourself out of the wrong turns and detours or you can fall apart.

The bad days, the storms, they are going to come no matter what. But if you can find a reason to get up and keep going, you will get stronger and more resilient every time you get back up. It starts with knowing that you are worthy, you are enough, and that you can do hard things! No one gets to tell you how good you are or what you can accomplish. That's all on you.

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

A: I wake up ready to run every day. I know how to get through rough moments and I know that no matter what, I have a strong foundation and connection to myself that will get me through everything. It's also a daily practice that I have to keep on top of. It's just as essential as water and healthy food. It's funny how everything changes once you remember how worthy you are!

Journal Prompt:

IN WHAT WAYS CAN YOU MAKE YOURSELF A PRIORITY?

OUR ABSOLUTE FAVORITE ANCHORING SCENTS

WRITTEN BY: RACHEL FRIED



Anchors are a pillar of the YIB method, they keep us showing up for ourselves even when it's tempting to disconnect. They keep us present in tough moments, in sync along our journeys, and in alignment with Reconnected long after our graduation dates.

Anchors can be any tangible object in our universe that serve to remind us that staying committed to new stories and rewriting old ones will always be worth the struggle. Tough times are inevitable, our lives ebb and flow with the tide, there are days that seem so abundant we can't imagine falling off, and there are days where we don't see our why, or our gratitude, or our breath. And then in a moment, they pivot.

Within that switch is the beauty of our anchors: they are always present. Amidst the dark and the light, they bring us back to ourselves and remind us who we are, who we are becoming, and what we deserve in every stage of ourselves.

Undeniably a staple for the YIB team, we've curated a short list of our very favorite anchoring scents in hope you love them just as much!

1

LE LABO – SANTAL 26

A personal favorite of Jacq, but then again isn't it everyone's? Le Labo's Santal 26 has a cult following for good reason, it's heady, and potent, and unbelievably transportive. Rich with notes of coco, vanilla, cedar, spice, and sandalwood, it's as indulgent as it sounds, and truly the ultimate anchor.

2

TOM FORD – NEROLI PORTOFINO

A luxurious riff on the aromatic Italian Riviera, Neroli Portofino adds excitement to the reliable citrus motifs of the Oceanside. Reimagined with hints of floral and an underscoring amber, it may in fact be the crest of all anchors.

3

MAISON FRANCIS KURKDJIAN PARIS –
BACCARAT ROUGE 540

Words hardly do justice to the scents of Maison Francis Kurkdjian's Baccarat Rouge 540. It's a lyrical play of jasmine, saffron, cedar wood, and ambergris, nearly solving all troubles at very first sniff. Layered in gentle touches of floral and amber, it'll have you anchoring at every chance.

4

BYREDO – FLOWERHEAD

Another cult favorite, Flowerhead arrives in the squat cylindrical shapes synonymous to BYREDO's line. Picking up notes of suede and amber, Sicilian lemons, and dewy tuberose, an intoxicatingly delicate string of garlands is never far off.

**YIB Tip: Enjoy as a hair mist for the ultimate anchoring experience!*

5 LIGNE ST. BARTH – VANILLA

A well-loved lotion that reaches the inebriating heights of the West Indies and returns in a warm, balmy miasma of vanilla. In so, anchoring becomes as decadent as it is reliable, and as lush as it is grounding.

6 DIPTYQUE – AMBRE

In a faultless blend of woods, patchouli, and anise Diptyque excites our olfactories, anchoring our senses in supple, potent spoors of amber.

7 FLOWERBX – MUGUET

Immortalizing the ever-fleeting scents of freshly cut stems, FLOWERBX's Muguet candle sheds wisps of white musk and amber, capturing the passing moments of ripe and full Lily of the Valley flowers. Reconnecting us at every indulging whiff.

