

YOUR INNER BABE // ISSUE 14 // VOLUME 1

BEYOND THE INNER BABE



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December's Quote:

"THE PAST IS IN YOUR HEAD,
THE FUTURE IS IN YOUR HANDS."

SPIRITUAL FORECAST

By Alexa Sharwell

It's been a fast paced first half of the month! We kicked off December with a New Moon Solar Eclipse in Sagittarius. Guiding us to a new path and rewarding us for all our efforts this season and year. Today is 12/12, a powerful portal to ascend to higher dimensions and see where your guides take you. Receive the upgrades that come your way. December 18th brings a Full Moon in Gemini, feel a sweet reprieve as Eclipse Season has closed. As Venus moves into Retrograde on the 19th, The Full Moon and Retrograde bring healing to your heart chakra and relationships. We move out of Sagittarius season and into Capricorn season on the 21st as we are greeted with the Winter Solstice. The Moon continues to move through its final stages of 2021 as the year comes to a close, with a New Moon on January 2, 2022, just as we bring in the New Year! A New Beginning for us all.

*Anthem of
the Month*

'I AM WOMAN'

BY: EMMY MILE

LET'S TALK ABOUT... CHANGES.

Dear Baby, my first baby, YIB...

I cannot believe that in just a few short weeks, I'm going to be a mom. A different kind of mom than I've been up until this point. No longer solely a dog mom or a mom of a business creation, but a mom to a human being. My real life Inner Babe. One crazy new chapter is about to be written in the book of Jacq, that much I know for certain.

So much is about to change and the amount of emotions I feel circulating in my body is unlike anything I've ever experienced. I'm over the moon grateful, anxious, excited, overwhelmed, scared. The "power of AND" is really coming in handy for me now.

But can I be honest about one emotion that I've had to re-route the shame around since I walked out of my 34 week doctor appointment this last week?

I'm a little sad. I'm a little sad to see this version of my life end and I'm a little sad that I have to admit that. I'm a little sad that there is so much I don't know yet and have to learn and I'm a little sad that there's so much out of my control.

But most importantly, I'm sad to leave you all. I literally just started sobbing as I wrote that. I know it's not goodbye forever, gosh no, and it's just see you soon. But every single one of you in this community means more to me than you could ever possibly know. You've all shaped me up until this point. YIB has molded me into the woman I am today and I'm eternally grateful. I've started typing, "thank you" multiple times now and erased it because it doesn't seem to do my gratitude justice.

I'm so proud of this community. I'm so proud of my team. I'm so proud of what we've created and honestly, I'm so proud of myself too. I made a choice back in 2017, a choice to never look back, forever forward and that's what I did. I haven't stopped believing in all this company and community could be and I will NEVER stop. No matter what new role I take on.

Life is about to look a whole lot different. I'm about to be incredibly different, but just like all the continuous work I've done and investments I've made in myself have changed me for the better, this baby is about to do that x100. This little girl is about to open up YIB to a whole new world that her mom couldn't ever have imagined possible.

As always, I wouldn't be walking my own walk if I told you that "the work" has a finite beginning and end. You have to dive in, fully commit to every curve ball thrown your way and continue to, if you hope to continue to grow and continuously blossom into the best version of yourself.

And that's exactly what I'm doing now.

So, on that note, I'll say goodbye to the newsletter for a bit. I'll miss you so much. But, I'll see you on the other side and I cannot wait to see what we create together once this new little butterfly is born..

Love, Jacq

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

Q: What tools do you use to stay connected to yourself?

A: I went from having no desire to journal to journaling all the time once we created the YIB Connection Journal (thank you, Jacq!). I used to think journaling was where we just complained about life and realized from doing Reconnected that we can celebrate ourselves. Imagine that?! We can talk about 'what is going well', move through any of our doubts and set ourselves up to focus on how beautiful life is. I really love what I see in my journal; the good, the bad, the little things I would have forgotten. It allows me to create shifts every morning that continue me on the path that I've always wanted. And guess what, the things I've wanted are actually happening! That constant reminder is so important. We can learn how to connect to ourselves but this a place I continue my journey to stay connected! My second tool is breathwork. No matter how much work you do, there will always be hard days. I know it's okay if I'm sitting there staring at my journal feeling overwhelmed and unable to focus. Breathwork brings me back to me allowing me to continue forward with a clear head and a productive day. I've achieved things so much faster with just these two tools alone! Two words: Game changer!



Laura Roberts

Q: How do you balance working for YIB, being a Mom (and pregnant!), and other Creative Designer work? What motivates you?

A: Working for genuine companies with positive women makes it so easy to love waking up and 'getting to work'. I've had some rough experiences in the corporate design workplace with women and it makes you realize who you surround yourself in all your environments has a massive impact on your balance, motivation, happiness and growth. Set out to find what you love in work but also in yourself, your partner, your family and leave room for it all. My morning journaling, I decide for the day what is REALLY important and I stick to completing it. Action is everything. I love working and used to on the weekends but I've made it my time to shut off and look at what other things I want to do with my life. I write them down and always look at them. The evening & weekend refresh makes for balance and productive weeks in all aspects of my life! I focus on every role I switch to getting my full attention. You really do have room for everything if you stay disciplined with your strategy. Implementing the strategies that work for me allow me to actually feel the power of how capable I am without burning myself out. Because of this I have the confidence to say I'm a hard-worker, a great mom and I can have it all.

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

Q: How did you make the shift from a traditional corporate full time job to working freelance?

I was actually forced to make the shift. I spent 11 years with chronic pain that I tried everything to get through but it ended up putting me in bed for months, unable to function even in the day to day tasks. I'll never forget the day I got in the shower and just lifting my arms to wash my hair was a struggle. I took a year off work & moved in with my parents to see if that would allow me to heal and then landed my dream job at one of the top Interior Design Firms in Chicago. A year and a half later, I was forced to leave again. I remember packing up my desk, grabbing my box of stuff and walking through that massive open office crying. At the time, I felt like I had lost everything I had worked so hard for. I was truly scared of what my future would be. While I was devastated about what was happening to me, I'm now thankful for it because it brought me so much that I now have in my life. This only happened because I made the choice to get up every day and choose me. I actually moved to California, a place I thought would only ever be a dream. I got to be a mom and be home with my child to raise him. I work on my own terms and create my own day. I've surpassed what I made in the corporate world. I've always wanted to help people because I personally went through such deep darkness and so I'm thankful to be apart of a YIB that does just that. We are all not alone and capable of healing.

Q: How has your life changed since becoming Reconnected and working with YIB?

A: I had done tons of 'self-help' and therapy before Reconnected but I still felt like there were things there that I just had to live with. That changed with Reconnected! The narratives about myself that I thought I was just stuck with are now whispers! Which, trust me, they were LOUD HAS HECK!!! It's amazing to finally stand there, just looking at them and turn my focus on all the great things I have done, the thing I've created in my life and what I want to do next. It is such a breath of fresh air to no longer have them in my way! I know that if I just continue to do the work that works, they'll continue to be further behind me. It opens up to such a beautiful life, the ups and even the downs. To gain that control over your life from doing Reconnected is worth every penny!

Q: Share with us how working for YIB impacts your daily life.

A: I work for the boss of my dreams! Jacq is a listener even in the workplace. What you see is truly what you get with her. She's so incredibly giving, loving, passionate, thoughtful, open, honest... the list goes on. I work for someone who makes an effort to understand me, makes sure I'm happy, steps in if I'm overloaded, is fully open to any of my ideas... Having that healthy of a work environment truly impacts my daily life. I get bummed on the days that something comes up and I'm not able to work. People ask what I do all the time and always say I'm grateful I work for companies that care about their clients and are on a mission to help people. Work for people who want to make a difference in the world from a genuine heart! That is Jacq & YIB!

Journal Prompt:

WHERE IN YOUR LIFE DO YOU WANT A CLEAN SLATE?

HOW WOULD THAT MAKE YOU FEEL?

YIB'S HOLIDAY GIFT GUIDE

Illuminate Your Vibe



1

Slept Life



3



2

Vejas

Anima Mea



4

Tata Harper



5



6

Free People

Your Inner Babe



7

Apothenne

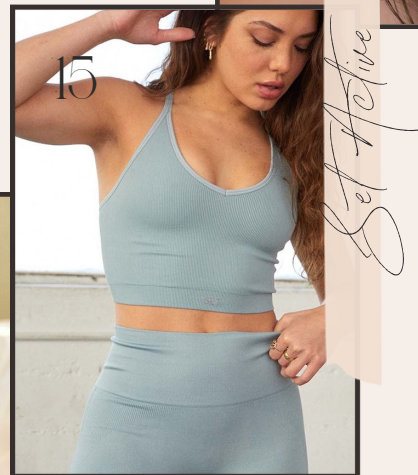
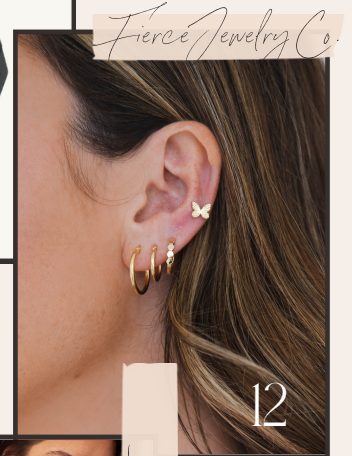


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OUR FAVS!

1. ILLUMINATE YOUR VIBE AMETHYST CRYSTAL
2. VEJAS SNEAKERS
3. SLEPT LIFE EYE MASK
4. ANIMA MEA HOROSCOPE MEDALLION
5. TATA HARPER CLARIFYING MASK
6. FREE PEOPLE CHECKERS CARRY ON SCARF SET
7. YOUR INNER BABE I AM POST ITS
8. APOTHENNE EMBODIMENT CANDLES

YIB'S HOLIDAY GIFT GUIDE



OUR FAVS!

9. MAYFAIR GROUP YOUR EMOTIONS ARE VALID SWEATSHIRT
10. KIRSTEN YADOUGA HIGH VIBE HOME
11. ANALOG POLAROID CAMERA
12. FIERCE JEWELRY CO THE JACQ BUTTERFLY STUDS
13. YIB CONNECTION JOURNAL
14. REMIX RE:WAND FACE TOOL
15. SET ACTIVE RIBBED LEGGINGS & V BRA SET
16. MADEWELL CLAW CLIPS



GREAT GRANDMA SHARWELL'S BANANA BREAD

From YIB's very own, Alexa Sharwell

INGREDIENTS:

1 1/2 cups Flour
1 1/2 cups Sugar
1 tsp Baking Soda
1 Stick Margarine
1 tsp Vanilla
2 Eggs
2-3 extra ripe Bananas
2 tsp Sour Cream (the secret ingredient!)

DIRECTIONS:

1. Heat oven to 350 degrees.
2. Mix all dry ingredients
3. Add wet ingredients, then blend in mashed bananas last.
4. Pour in a greased pan (roughly 3 x 6 x 11 inches).
5. Bake for 45 min.
6. Cool for 30 minutes.



NOURISHMENT MENU

Songs to Lift Your Winter Blues

1. *Cloudy Day* - Tones and I
2. *Foundations* - Kolidescopes
3. *2step* - Ed Sheeran
4. *Higher* - Clean Bandit, Iann Dior
5. *Levitating* - Dua Lipa
6. *Golden Hour* - Oliver Heilmann
7. *Stay Next To Me* - Quinn XCII & Chelsea Cutler
8. *As I Am* - Justin Bieber (Khalid)
9. *Dreams* - Fleetwood Mac
10. *On Top Of The World* - Imagine Dragons

What's happening...

UPCOMING GROUP SECTIONS

Reconnected

Mondays - January 3rd w/ Alexa
Thursdays - February 17th

2.O

Tuesdays - March 1st

Emerge

2022 Dates - TBD

[Sign up here!](#)

20% OFF SHOPYIB

End of Year Sale • Code 'BYE2021'
FREE Butterfly Pop Socket with any order!