

# COSMIC BITCH-SLAPS

TOOLS FOR  
REFLECTION  
AND DISCOVERY



you pick one each month  
and read it every day  
making the time to  
think about it  
meditate on it  
journal about it

bringing it into your awareness  
helps shift your consciousness  
into awakening to your worth  
and igniting your confidence



“

THE PRIVILEGE OF A LIFETIME  
IS TO BECOME  
WHO YOU TRULY ARE

”



“

NO MATTER WHAT  
BULLSHIT SOMEBODY  
YOU TRUSTED TOLD YOU  
WHEN YOU WERE A KID,  
YOU'RE AN ADULT NOW  
AND HAVE THE POWER  
TO CHOOSE TO JUST  
LET THAT SHIT GO

”



“

STOP COMPARING  
WHAT YOU SEE  
ON THE OUTSIDE  
OF SOMEONE ELSE  
WITH  
HOW YOU FEEL  
ON THE INSIDE  
OF YOURSELF

”

“

WE DON'T REALLY  
FEAR AUTHENTICITY

WE FEAR THE POSSIBILITY  
OF BEING REJECTED

”

“

OWN WHO YOU ARE AND  
OWN YOUR DECISIONS  
WITHOUT ANY APOLOGY,  
BUT WITH UTTER FAITH  
IN YOUR INSTINCTS,  
YOUR CREATIVITY,  
AND  
YOUR IMAGINATION

”



“

WHAT OTHER PEOPLE  
THINK ABOUT YOU  
IS NONE OF YOUR  
FUCKING BUSINESS!

”

“

I CHOOSE MY THOUGHTS  
AND  
I CHOOSE MY PERCEPTIONS  
AND  
I CHOOSE MY REACTIONS  
SO  
I CAN CHOOSE MY ME

”

“

THE BIGGEST RISK YOU  
TAKE IN YOUR LIFE IS  
NOT TAKING ANY RISKS

”



“

THE 'UN' IN UNKNOWN  
AND UNCERTAINTY  
IS THE VERY SAME  
'UN' IN UNLIMITED

”

“

YOU ARE ALIGNED  
WITH DIVINE TIME  
WHEN YOU ARE  
STRONG ENOUGH  
TO SURRENDER  
YOUR CONTROL  
OVER OUTCOMES

”

“

WHEN YOU FOCUS ON  
WHAT YOU HAVE THAT  
YOU'RE GRATEFUL FOR,  
YOU SEE MORE OF IT  
WHEREVER YOU LOOK

”



“

AS SOON AS YOU START  
SEEING YOUR WORTH  
YOU STOP SEEING  
PEOPLE WHO DON'T

”



YOU ARE SEEN  
YOU ARE HEARD  
YOU ARE VALUED  
YOU ARE WORTHY  
AND YOU ARE LOVED