

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