

JOIN THE SIMPLIFYING LIFE'S BEAUTIFUL BITCHINESS ROLODEX

Because life's a beautiful bitch. I just help you simplify it.

? WHAT THE ROLODEX IS

The **SLBB Rolodex** is a curated directory of trusted tools, services, and brands that help women simplify life's beautiful bitchiness.

I spotlight people and products I genuinely believe in because my audience doesn't need "perfect," they need real, reliable, and relatable.

Whether you're a coach, creator, small-biz owner, or wellness brand, being part of this Rolodex means your work gets seen by a community that values authenticity, heart, and humor.

WHO YOU'LL REACH

Real people looking for simple systems, cozy resources, and creative calm.

My audience includes:

- Women balancing **family, chronic wellness, and business.**
- Those seeking low-lift tools to simplify daily chaos.
- Fans of cozy vibes, real talk, and systems that actually fit their lives.



COMMUNITY SNAPSHOT

Platform	Insight
 Email List	• 21 subscribers • 64.29% open rate 🔥 <i>That's triple the industry average, proof this list is small but mighty engaged</i>
 Podcast	Simplifying Life's Beautiful Bitchiness 12–15 downloads per episode (steady growth since August).
 TikTok	• 6,666 post views (↑77.9% from “For You” feed) • 94 profile views (+84%) 125 likes • 6 comments • 3 shares in last 28 days.
 Instagram	• 4,232 views (58.2% from non-followers) • 1,840 accounts reached last 30 days.
 Audience Vibe	Women juggling family, chronic wellness, and creative living seeking <i>low lift, life solutions with humor, heart & honesty.</i>

as of 10/06/2025



VISIBILITY PHILOSOPHY

“Think boutique visibility, not billboard noise.”

The **SLBB Rolodex** connects trusted small-business owners with women who buy based on trust, not algorithms.

Instead of chasing vanity metrics or viral moments, I focus on *curated connection*.

Every product, service, or creator listed here fits the same mission: **to simplify life’s beautiful bitchiness with heart, humor, and understanding.**

This isn’t a pay-to-post directory. It’s a living, breathing resource library built on trust.

PARTNER PRICING

Tier	What You Get	Beta Price
 Basic Listing	Permanent listing on the SLBB Rolodex	\$9/mo
 Featured Listing	A mention in <i>The Tea & The Rolodex</i> email	\$10/Feature
 Featured Listing	A social media spotlight	\$10/Feature
 Podcast Spotlight	A 60–90 sec mention in podcast episode + tag in show notes	\$25/Spotlight



CATEGORIES

Simplifying Life's Beautiful Bitchiness Rolodex is your no-fluff directory of tools, tips, and tiny systems that make life feel a little lighter. From chronic illness friendly hacks to joy sparking hobbies, each category helps you tackle life's chaos with more calm and humor. Think of it as your curated calm corner, part resource library, part bestie recommendation list.

Bitchy Brain Fog Fixes

- Meditation & mental wellness apps
- Journals & reflection tools
- Stress relief gadgets (ex. fidgets, acupressure clips, etc.)
- Support groups / peer communities
- Coaching & therapy resources

Body Says Nope Fixes

- Pain relief tools (wearables, wraps, TENS, etc.)
- Spoonie-friendly health trackers & planners
- Supplements & wellness brands
- Gentle movement (yoga, Pilates, restorative fitness)
- Meal kits & easy recipes

I Can't Do It All Fixes

- Planners & templates
- Task & time apps (Notion, Reminders, Todoist, etc.)
- Energy management (cycle syncing, spoonie pacing tools)
- Virtual assistants / outsourcing services
- Household shortcuts (Instacart, grocery hacks, cleaning tools)



Life Doesn't Pause Fixes

- Childcare & parenting resources
- Family activity kits / subscriptions
- Meal planning shortcuts & delivery services
- Pet care hacks (apps, services, tools)
- Cleaning hacks (supplies, services, eco-tools)

Joy Pocket Fixes

- Crochet & craft supplies
- Fun hobbies (coloring books, puzzles, photography, etc.)
- Family play (board games, kits, activities, etc.)
- DIY & creative home projects

Traveling Bitchiness Fixes

- Travel deal apps & booking hacks
- Packing gear & organizers (compression bags, travel cubes)
- Spoonie travel resources (pill organizers, mobility gear, etc.)
- Parent travel hacks (kid gear rentals, snack kits, entertainment tools)

I Need Something to Hold Onto Fixes

- Books that shift perspective (Atomic Habits, Untamed, memoirs, etc.)
- Podcasts
- Blogs & newsletters
- Courses / memberships

**You can also list tips, tricks, or suggestions as a non-linked resource.*



HOW IT WORKS

Fill out the **Rolodex Listing Form** [here](#)

Choose your listing tier

Submit your info + link(s)

Get featured in front of an audience that values connection over clout

WHY JOIN

Getting your business seen shouldn't feel like screaming into the algorithm void. The SLBB Rolodex helps women find real solutions, and that means more authentic visibility for you.

READY TO JOIN?

 [SLBB Partners Listing Agreement](#)

 Questions? Email me at michelle@mmvirtualresources.com

 Curated by Michelle Martinez, creator of Simplifying Life's Beautiful Bitchiness.

