

Stripped Bare Companion Journal BY SHELLI COHEN

Welcome, Beautiful Soul

This journal is your sacred space. A space to soften, to reflect, to breathe, and to come home to yourself—one page at a time.

Each prompt page begins with gratitude—a powerful practice that gently shifts our energy, opens our hearts, and aligns us with the frequency of love. Gratitude reminds us that even amid uncertainty, there is beauty. There is always something to honor, even if it's just the breath in our lungs or the courage to keep going.

Following that, you'll find a second prompt that changes from page to page. Some explore surrender. Others invite you into trust, self-love, forgiveness, or inner guidance. Some gently help you examine the beliefs and stories that may be ready to shift—so you can make space for a deeper truth to emerge.

There is no need to move through this journal in order. Let your heart guide you.

Flip through the pages and choose the prompt that speaks to you in the moment—or allow your intuition to lead the way.

You may return to the same prompt many times, or explore a different one each day. There is no "right" way—only your way.

Let this be a practice in presence. In truth. In trust.

In becoming who you already are.

With love and gratitude, Shelli



Today, I am Grateful for	Date:
What I am being invited to Surrender is	

Tóday, I am Grateful for	Date:
A fear I'm ready to let go of	

Tóday, I am Grateful for	Date:
How I know the Universe is supporting me	

Tóday, I am Grateful for	Date:
What I am choosing to release is	

Today, I am Grateful for	Date:
What I've learned through a difficult exp	retience is

Today, I am Grateful for	Date:
A part of myself I am choosing to forgive is	

Tóday, I am Grateful for	Date:
A challenge that I now see as a bl	lessing in disguise is

Tóday, I am Grateful for	Date:
An old story I am ready to rewrite is	

Tóday, I am Grateful for	Date:
A belief I'm beginning to outgrow is	

Today, I am Grateful for	Date:
Someone I am ready to forgive (even a litt	tle) is

Today, I am Grateful for	Date:
A closed door that led me somewhere better is	,

Tóday, I am Grateful for	Date:
Tóday, my inner guidance is whispering	

Tóday, I am Grateful for	Date:
A blessing I was gifted is	

Tóday, I am Grateful for	Date:
A challenge I am handing over to the U	níverse is

Tóday, I am Grateful for	Date:
A catalyst that supported my Soul's ev	olution is

Today, I am Grateful for	Date:
An experience that awakened something	a in me was

Tóday, I am Grateful for	Date:
A moment that changed me deeply was	

Tóday, I am Grateful for	Date:	
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A story I've told myself that no longer fe	leels true is	
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Tóday, I am Grateful for	Date:
A part of me I'm learning to love is	

Tóday, I am Grateful for	Date:
What I'm proud of myself for today is	

Tóday, I am Grateful for	Date:
How I honored myself today was	

Tóday, I am Grateful for	Date:
A office of To Managed to River and Miles	
A strength I often overlook in myself is	

Today, I am Grateful for	Date:
When I listen to my inner guidance, I	

Tóday, I am Grateful for	Date:
Tóday, I allowed myself to	

Today, I am Grateful for	Date:
TNhat I choose to believe is possible for me to	day is

Tóday, I am Grateful for	Date:	
Where I am beginning to see the light i	in the dark is	

Today, I am Grateful for	Date:
A new truth I am anchoring into is	

Tóday, I am Grateful for	Date:
What I am letting go of with love is	

Tóday, I am Grateful for	Date:
An old emotional wound I am healing is	

Today, I am Grateful for	Date:
I know the Universe has my back because	

You've walked with courage.

You've met yourself in gratitude, in surrender, in softness, in truth.

May this practice continue to unfold within you, long after the last page is filled.

Keep trusting.

Keep listening.

Keep returning to your heart.

Your Soul knows the way.

With love and gratitude, Shelli