

gratitude
faith &
surrender

Journal Companion to Stripped Bare
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*



*Your Soul knows the way.
Let it speak.*

- Shelli Cohen

Today, I am Grateful for...

Date: _____

What I am being invited to Surrender is....



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, light blue circular graphic containing a simple black outline of a butterfly. The butterfly is facing left and has its wings spread.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A fear I'm ready to let go of....



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, light blue circular graphic containing a simple black outline of a butterfly. The butterfly is facing left and has its wings spread.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

How I know the Universe is supporting me...



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, light blue circular graphic containing a simple black outline of a butterfly. The butterfly is facing left and has its wings spread.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

What I am choosing to release is...



Handwriting practice lines consisting of 28 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

What I've learned through a difficult experience is...



Handwriting practice lines consisting of 28 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A part of myself I am choosing to forgive is...



Handwriting practice lines consisting of 25 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A challenge that I now see as a blessing in disguise is...

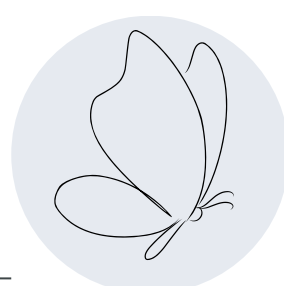


Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

An old story I am ready to rewrite is...



Handwriting practice lines consisting of 25 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A belief I'm beginning to outgrow is...



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

Someone I am ready to forgive (even a little) is...



Handwriting practice lines consisting of 25 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A closed door that led me somewhere better is...



This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a light blue circular logo containing a black outline of a butterfly.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

Today, my inner guidance is whispering...



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, light blue circular graphic containing a simple black outline of a butterfly. The butterfly is facing left and has its wings spread.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A blessing I was gifted is...



Handwriting practice lines consisting of 25 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A challenge I am handing over to the Universe is...



[illegible]

Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A catalyst that supported my Soul's evolution is...



Handwriting practice lines consisting of 25 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

An experience that awakened something in me was...



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Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A moment that changed me deeply was...



Handwriting practice lines consisting of 25 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A story I've told myself that no longer feels true is...



[illegible]

Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A part of me I'm learning to love is...



Handwriting practice lines consisting of 25 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

[illegible]

What I'm proud of myself for today is...



[illegible]

Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

How I honored myself today was...



[illegible]

Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

A strength I often overlook in myself is...



Handwriting practice lines consisting of 25 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

When I listen to my inner guidance, I...



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

Today, I allowed myself to...



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Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

What I choose to believe is possible for me today is...



Handwriting practice lines consisting of 25 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

Where I am beginning to see the light in the dark is...



Handwriting practice lines consisting of 28 horizontal lines.



Let it flow, your heart knows the way...

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Handwriting practice lines consisting of 28 horizontal lines.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

What I am letting go of with love is...



Handwriting practice lines consisting of 25 horizontal lines.



Let it flow, your heart knows the way...

[illegible]

An old emotional wound I am healing is...

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, light blue circular graphic containing a simple black outline of a butterfly. The butterfly is facing left and has its wings spread.



Let it flow, your heart knows the way...

Today, I am Grateful for...

Date: _____

I know the Universe has my back because...



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Let it flow, your heart knows the way...

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*