

EMPOWERED



SELF
HEALER

WORKBOOK

*Shift from Passive Patient to Empowered Healer
and Accelerate Your Healing*

WWW.KATIEPOTRATZ.COM

Welcome, Healer

If you've been living with chronic symptoms, pain, or illness, it's easy to feel stuck in survival mode—trapped in a cycle of searching for answers and waiting for someone else to fix what feels broken. But what if healing begins when you stop identifying as the passive patient... and start remembering your power?

These journal prompts are designed to gently guide you inward—to help you explore the beliefs, patterns, and inner narratives that shape your healing journey. As you move through them, may you reconnect with your body's wisdom, reclaim your role as an empowered healer, and take your first steps toward lasting, mind-body transformation.



How I can Help *You*?

I am a Clinical Hypnotherapist and mind-body expert, passionate about empowering you to harness your own ability to heal. I facilitate private sessions to help you get to the root-cause of your ailments, retrain your brain and regulate your nervous system.

Katie Potratz

www.katiepotratz.com
www.instagram.com/katiepotratz

AWARENESS

Where You Are Now

01

What stories do I find myself repeating about my health, pain, or illness?

*These stories might sound like “My body is broken.”
“There’s nothing I can do.” “I’m being punished.”*



What do I believe about my body’s ability to heal? Where did that belief come from?

*Do you believe that your body has the ability to heal?
Who or what made you believe this? Your doctor? Your
parents? Our culture?*

02

03

What emotions come up when I think about being responsible for my own healing?

It might feel scary, or even make you feel angry. Get really curious about how this concept makes you feel.



RELEASE

Let Go of Old Narratives

01

How has identifying as a “patient” served me in the past?

What good came from being a ‘passive patient’?



02

How has identifying as a “patient” hindered me?

How has being a ‘passive patient’ held you back?

03

What would it feel like to release the belief that I’m broken?

Explore this with curiosity. There are no right or wrong answers.



RECLAIM

Take Back Your Power

01

What does being an ‘empowered healer’ mean to me?

What does it feel like?



What evidence (no matter how small) do I have that my body has already begun healing?

02

Your body is designed to heal itself, just like everything in nature.

03

What qualities do I want to embody as someone who is healing—physically, mentally, emotionally?

Notice how different those qualities are from being a passive patient.

What do I need to let go of in order to step into a more active role in my healing?

Thoughts, beliefs, habits, etc.

04



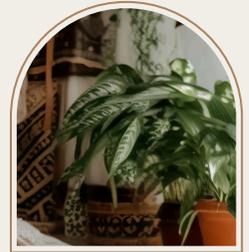
FUTURE

Step Into Your Healer Self

01

Imagine your future self—someone who feels safe, resilient, and connected to their body.

- *What do they believe about healing?*
- *How do they speak to themselves?*
- *What habits or rituals do they practice?*



What small, daily step can I take -starting today- to embody the empowered healer within me?

Bring it all together now. How will you embody this change?

02

03

What does your future self want you to know about the path you're on right now?

The wisdom is already within you.



Keep Going



Healing is not a destination—it’s a relationship you build with yourself, one moment, one choice, and one breath at a time. Every time you pause to reflect, every time you choose self-compassion over self-criticism, you’re rewiring your brain and creating safety in your body. *That is healing.*

I hope these prompts have helped you begin shifting out of survival mode and into self-trust. You don’t have to do this alone. If you’re ready to go deeper into this work, I’d love to support you with 1:1 mind-body healing sessions designed to help you heal the root-cause, regulate your nervous system and create lasting change from within.

You are your own greatest healer. And this—this is just the beginning.

As a special gift, you can use code **HEALER10** for 10% off my 1:1 sessions.

[BOOK YOUR SESSIONS](#)