



You Are Your Own Healer

E-Book | THREE

WELLNESS
CHECKLIST



Marie Knoetig
HEALING ARTS

MARIEKNOETIG.COM



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You are your own healer, you just a little direction.

When it comes to healing there is no one size fits all solution. We all live different lives, come from different backgrounds and have different challenges which means everyone needs their own way to heal.

I want to help you do just that! By learning how to listen to your Body Within life becomes less complicated, healing becomes more directed and personal, and the knowing inside teaches you how to live a truly fulfilling and productive life.

After working with countless clients and navigating my own healing journey, undergoing major surgery, and being disabled on one side, I learned first hand that there is no one way to heal.

Here you'll find the hope, resources and tools to take back control of your health.



Your Health. Your Future. Your Choice.

Marie Knoetig

“

**CHAOS
BREEDS
CHAOS.**

**BALANCE
BREEDS
PEACE.**

MARIE KNOETIG

”



Learning How To Heal

The key to healing is learning to listen to your Body Within. It will help you balance yourself and your life so you can start intuitively hearing all the amazing messages just waiting for you.

The Body Within has all the answers to help you. You just might not know how to hear them yet. Create balance and leave the chaos behind.

Balance is the power of three: Body, Mind, and Body Within. That means they are equal and you should work with each one daily and get to know them. While it is not always easy (especially in our modern times), I believe it's crucial to your health and well being.

As you practice listening to the Body Within, you will notice life becomes less complicated and the knowing inside teaches you how to live a truly fulfilling and productive life.

Let's Learn About You!

Body Checklist

HOW DO YOU FEEL YOU ... *PHYSICALLY*

Do you have aches and pains that you feel you have to live with?



HOW DO YOU SLEEP? DO YOU TOSS AND TURN BECAUSE YOUR BODY DOES NOT RELAX?



Body Checklist

DO YOU FEEL ENERGIZED THROUGHOUT YOUR DAY? DO YOU HAVE LOW ENERGY AND FOCUS?



Body Action

IF YOU ARE SUFFERING FROM ACHES AND PAINS...

1. Create awareness. Is any action during the day creating some of your aches and pains? How old is your mattress? Your favorite chair? Your shoes?
2. Ask your Body Within to see what you need to see. Try this meditation: [LINK](#)
3. Work on stretching before bed to see if you sleep better. Try a sleep meditation before bedtime.
4. Pay attention to how you feel before and after you eat. What did you eat? If you need more guidance, try my [Nutrition for Life](#) program.





Mind Checklist

DO YOU SEE YOURSELF AS A REACTOR TO SITUATIONS, OR, DO YOU LISTEN TO ALL SIDES AND HELP RESOLVE THE PROBLEM?

WHEN YOU EXPERIENCE STRESS, ARE ABLE TO PROCESS CLEARLY, OR DOES IT CONSUME YOUR THOUGHTS?

Mind Checklist

HOW DO YOU DEAL WHEN YOU GET STRESSED?

Do you have a story? Do you sit with it to see if it clears? Do you carry it as part of your personality?



Mind Action

IF YOU ARE FEELING STRESSED...

1. Next time you feel stressed, try to catch yourself, stop, and take a deep breath.
2. When overwhelmed, try to watch yourself as you handle whatever situation you're in.

Whenever you find yourself stressed or reactive, Catch Yourself, Assess Yourself, Breathe, or **Take a CAB**. This mindset can help you navigate any chaotic situation with calm and focus.

Check out Take a CAB on the [Body Within Healing YouTube Channel](#). These brief meditation videos allow you a moment to recenter yourself in any situation, so that you can lead a more present and balanced life. Watch the first video below:

TAKE A CAB



Body Within Checklist

DID YOU KNOW AT ANY TIME OF DURING YOUR DAY...

that you know something was going to happen before it did? What was it?

WERE YOU AWARE OF HOW FOOD WAS GOING TO AFFECT YOU BEFORE YOU ATE IT?



Body Within Checklist

DID YOU FIGHT IN YOUR MIND AT ALL THROUGH THE DAY AS TO WHAT WAS BEST FOR YOU OR A SITUATION?

DID YOUR BODY WITHIN GUIDE YOU OR DID YOU FEEL ALONE IN YOUR CHOICES?

Body Within Action

Ten baby steps add up to one really big step, so take it slowly, learn, and make it stick.



Next Steps

The best way to get started listening to your Body Within is to become the observer of yourself. When you start observing how you feel, and your actions throughout the day, only then can your Body Within guide you.

If you want more guidance on your wellness journey, visit my website, and Body Within Healing on Instagram, Facebook and YouTube. You can also try my **free meditation** to help you start listening to your Body Within.

Your health, Your future, Your choice.

YOUTUBE

FACEBOOK

INSTAGRAM



Hi, I'm Marie!

With no choice but to navigate my own healing journey after a life-long struggle with severe allergies and significant injuries leading itself to chronic pain, I learned first hand that the path to health and balance is not one size fits all.

From traditional western techniques to exploring everything complimentary and alternative medicine has to offer - my journey has been 25+ years and set me on my path to helping people learn to be their own advocate and healer.

I've been working with private clients since 2000 and have learned that no matter what you're going through, the journey to heal your body is unique to everyone. Here you'll find the hope, resources and tools to take back control of your health.

[WORK WITH ME](#)

[FREE RESOURCES](#)

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