



Recover from Life | Tools & Stories

Power Inventory: Reflections of You



Before you can flip your
“weaknesses” into tools, you have to
see them clearly.

Use this inventory to notice your
patterns, energy, and what could
potentially be a hidden gift.

Focus on awareness first, mind and
body together.



Michael Cucchiara





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- Which traits show up strongest in my daily life?

*Things like OCD tendencies,
anxiety patterns, addictive
behaviors, intensity,
persistence, creativity,
resilience, craving control*

- Which behaviors drain me the most?



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- When this trait appears, what do I notice in my body? *Tension, restlessness, energy, etc.*
- What thoughts show up in my mind when it activates?
- How does this energy affect my daily life?
- How do *I want it to affect* my life?



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- What does this trait cost me?
Time, relationships, peace, focus, etc.
- When has this trait served me in small or unexpected ways?

Let's step back and look at the bigger picture, together...



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- Looking across all your traits, what patterns do you notice?
- Which energy do you want to pay more attention to?
- If a trait has given you an unexpected benefit, how could you bring more of it into your life?



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Awareness comes first.

Transformation takes time, likely
years.

Sit with your notes, revisit them,
and try to notice even the small gifts
hidden in your own struggles.

Keep choosing yourself ❤️

Michael Cucchiara

