



RECOVER FROM LIFE | TOOLS & STORIES



Permission to Expand

- If no one judged me, not even me, what would I do next?
- What would “choosing myself” look like in this moment?
- What would it mean to trust myself here, and how would that change the choices I make?
- What dream feels too big to admit out loud. And why?
- What would I do if I knew failure was part of the process, not the end?
- What’s the cost of staying small, and am I willing to keep paying it?



Michael Cucchiara