



Recover from Life | Tools & Stories

# Reflections: Where It Lives

This week we gave  
ourselves permission to  
notice some old stories  
and how they live in us.

Let's turn inward for a  
moment.



Michael Cucchiara





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# Reflections: Where It Lives

Where do you feel these  
beliefs in your body?

*Chest, stomach, jaw,  
shoulders, throat?*



Michael Cucchiara





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# Reflections: Where It Lives

*Why do you think this  
story shows up in this  
particular spot?*



Michael Cucchiara





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# Reflections: Where It Lives

What happens if you  
breathe into that area  
and just stay curious for  
a moment...

*What comes up? What  
happens to the tension?*



Michael Cucchiara





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# Reflections: Where It Lives

*Today, take a few  
minutes to tune in to  
your body and see what  
surfaces...*



Michael Cucchiara





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# Reflections: Where It Lives

✨ Want more on this?

Check the rest of the resources  
under “*Feeling Stuck.*”

☁ Want to work with me?

Together we can explore your  
limiting beliefs, *both feeling them in  
your body & seeing them from a new  
perspective.*

All the details are on the Work With  
Me page, or shoot me a message.

Keep choosing yourself ❤️

Michael Cucchiara