



Recover from Life | Tools & Stories

Flip The Weakness Find The Gift

Before you find the gift hidden
in your own struggle, you have
to feel the weight of what it
costs you.

Before you flip your
“weaknesses,” you have to see
them without judgment.



Michael Cucchiara



Recover from Life | Tools & Stories

Flip The Weakness Find The Gift

The energy that still pulls you under, is the same energy that keeps you alive.

Focus on that energy. Try to feel it, sit with it, and let it be.

Just notice its power.



Michael Cucchiara



Recover from Life | Tools & Stories

Flip The Weakness Find The Gift

*“Once you’ve learned to survive
your struggle, once you’ve built
awareness around it, the same
energy that used to run you
can start to serve you.”*

– Me

Michael Cucchiara