



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?
- What would I do if I knew failure was part of the process – not the end?
- What dream feels too big to admit out loud – and why?
- What’s the cost of staying small – and am I willing to keep paying it?



Michael Cucchiara