

# THE OPEN HAND - an exercise

The middle finger is the biggest.  
It stands out.  
What stands out about you?  
What do other people notice about you?

The 3rd finger is the 'hidden treasure'.  
This is the stuff that you're good at,  
but maybe you haven't used it in a while.

The index is your strongest finger;  
it is your strongest suit of skills  
the ones in which you are most confident

The little finger we usually forget about!  
It is all the stuff that,  
as you go through this exercise, you  
suddenly start to realize  
that you have.  
It the stuff you discover, that you were  
more or less unaware of.

The thumb is the stuff that you can do  
and have going for you, but you cannot do it on your own;  
you will need others to help you to realize it.

The palm is your state of being at the moment.  
- your living situation,  
- your state of health,  
- your financial situation etc.  
Write it down without judgement.

