
Hand Exercise

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1. In the space below, use your non-dominant hand to trace around your dominate hand.
 2. Next, do the following:
 - a) write your major gift in life on the palm of your hand;
 - b) write on your thumb a wound of the heart that you have received in life;
 - c) write on your index finger what you see as being your purpose in life (your reason for being on earth, as you see it);
 - d) write on your middle finger something you are angry about, or want to see changed;
 - e) write on your ring finger what you value most in life;
 - f) write on your little finger something on which you want to take action.
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