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THE EXCEPT EXERCISE

The foundation practice for the entire F.A.I.T.H. Formula.

1. WHERE AM I LIVING INSIDE 'NOTHING AT ALL'?

What problem, loss, limitation or lack has become so large that it is all I can see?

2. I HAVE NOTHING AT ALL, EXCEPT...

Do not edit or decide whether something counts. Name every except, including the ones that feel embarrassingly small.

3. LOOK AGAIN. WHAT HAVE I BEEN CALLING NOTHING?

Go beyond the obvious. Look for the oil hidden in ordinary, painful or overlooked parts of your story.

WHAT I KNOW HOW TO DO:

WHAT HAVE I NEVER NAMED AS A GIFT?

WHAT I HAVE LIVED THROUGH:

WHAT UNDERSTANDING DID IT PRODUCE?

WHO ALREADY TRUSTS ME:

WHAT DO THEY ALREADY COME TO ME FOR?

4. NAME MY EXCEPT

THE EXCEPT THAT SURPRISED ME MOST:

THE EXCEPT I MAY BE UNDERESTIMATING:

5. MY STARTING POINT

Complete the sentence again. This time, do not apologize for what is already in your house.

REMEMBER: The except is the starting point. Your oil is already in the house.