

Hand & Palm Exercise

Take an A4 sheet of paper, write your name on the top right/left, and draw the outline of your left or right hand with a pen.

Complete the picture:

Write your answers around the fingers, and in the palm. You may be as creative as you wish and remember to add key words for others to view when part of the "team library".

- The **thumb** represents something I have been proud of in my career so far.
- The **index** finger represents an important skill or a key learning experience in my life.
- The **middle finger** represents something I failed at, or a mistake I made.
- The **ring finger** stands for a person who was formative or inspirational in my professional career.
- And the **pinky** stands for something that doesn't get enough of my attention or not enough space (but I would like to give it more time or energy).
- In the **palm** stands what is particularly important to me and/or worth protecting (in my career and/or privately).

Bring your "hand" with you or upload a picture and be ready to share with the team.

Remember:

- Add your name to your hand.
- When onsite: Take a picture of all hands or scan the pictures to build your own team library.
- When online: Download the files to build your own team library.
- When sharing your details with one or two other team members, allow for "go deeper" questions. Depending on the available amount of time, allow everyone 1-2 go deeper questions per team member presenting.