

Handprint Mapping Worksheet

New Year, More You: Expanding your influence in 2026

What this worksheet helps you do:

Identify where you already make an impact, where you could influence more and how your unique skills and relationships can expand your “carbon handprint” — the change you create beyond your own footprint.

How long it takes:

10–15 minutes (caffeine optional but encouraged).

1. Map your sphere of influence

Your strengths

List 5–7 things you’re genuinely good at. Think skills, heuristics, mindsets or experiences.

Examples to prompt thinking:

- *I ask good questions*
- *I simplify complexity*
- *I can make/mend things*
- *I build trust easily*
- *I get things over the line*
- *I am creative*

Your strengths:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Your relationships and roles

Where do people listen to you because of your role, expertise or history with them?
This is your *credibility space*.

Prompts:

- *Teams you influence*
- *Communities or networks where you’re respected*
- *Colleagues who seek your advice*
- *Students, clients, suppliers, committees*

Your roles & relationships:

_____	_____	_____
_____	_____	_____
_____	_____	_____

The systems you touch

These are the places where your decisions — or nudges — shift bigger levers.

Examples:

- *Budget setting*
- *Training/education design and delivery*
- *Project planning*
- *Procurement/supply chains*
- *Committees and boards*
- *Policies & processes*

Systems you touch:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Your maximal handprint impact is where these three elements come together:



2: Identify your handprint moments

Reflection can be uncomfortable but to celebrate the wins and seek future opportunities, try to answer the following:

Where did I have influence last year (even unintentionally)?

Moments you helped, guided, challenged or reframed.

Where did I *avoid* influence because it felt uncomfortable?

We all do it. This is about noticing, not blaming.

3. Where could I have influence if I chose to show up more fully?

Think about your three circles — where do they intersect?

3. Identify your hotspots

Map your thoughts above on to a grid – rows = strengths, columns = areas of influence. Shade or mark where these intersect strongly. You're not looking for full coverage, just concentration.

Influences Strengths				

Example:

	Work	Community	Online	Family
Asking good questions	***	*	*	
Explaining clearly	**	*	**	*
Convening people	*	**	*	
Problem solving	***	*		***
Active listening / empathy	*	*		**

4. Define your handprint opportunities

Can you form a new handprint habit? Something small but consequential, something that amplifies your influence repeatedly.

Examples:

- Add whole-life costing to every business case I touch
- Ask 'what are the positive and negative impacts?' in every project kick-off
- Challenge an inherited process
- Bring values into discussions that default to spreadsheets

Your handprint opportunities:

_____	_____	_____
_____	_____	_____

Identity-based action sticks, so finish the sentence: **I am someone who...**

(Choose something aligned with your actual strengths and values)

Examples:

...helps people see the bigger picture

...turns complexity into clarity

...asks the questions no one else will

...makes sustainable choices obvious, not painful

Your turn:

I am someone who...

5. Optional reflection

- What would a bigger, braver version of your handprint look like by next year?
- What's the smallest useful step you can take this week?
- Who could you bring with you?
- Which stories about yourself do you want to hear when you retire?