Apply the self adhesive foam to the palm

Cut out the palm foam template and place it on the foam side of the self-adhesive foam sheet with the text showing for a right palm and on the underside for a left palm. The straight edge should align with the straight edge of the foam. Carefully mark the foam around the template using a soft pencil. Cut around the pencil marks using scissors. Remove the backing paper from the foam and press into the palm with the straight edge aligned with the back of the roof of the palm centered left/right. Using the curved side of a half round file cut the foam to the edge of the palm base.