



reflection

WHEN WAS THE LAST TIME YOU SURPRISED YOURSELF WITH YOUR REACTION? WHAT DID YOU LEARN ABOUT YOURSELF?

WHO ON YOUR TEAM OR IN YOUR LIFE DO YOU FIND HARDEST TO UNDERSTAND? WHY DO YOU THINK THAT IS?

WHAT FEEDBACK HAVE YOU RECEIVED RECENTLY THAT REVEALED A BLIND SPOT? HOW DID IT FEEL TO HEAR IT?

activity

THE JOHARI WINDOW IS A SIMPLE TOOL FOR EXPLORING SELF-AWARENESS. FILL IN EACH BOX WITH EXAMPLES ABOUT YOURSELF.

KNOWN TO SELF/KNOWN TO OTHERS	NOT KNOWN TO SELF/KNOWN TO OTHERS
KNOWN TO SELF/NOT KNOWN TO OTHERS	NOT KNOWN TO SELF/NOT KNOWN TO OTHERS

action

WHAT'S ONE THING I WILL DO THIS WEEK TO INCREASE MY SELF-AWARENESS AS A LEADER?