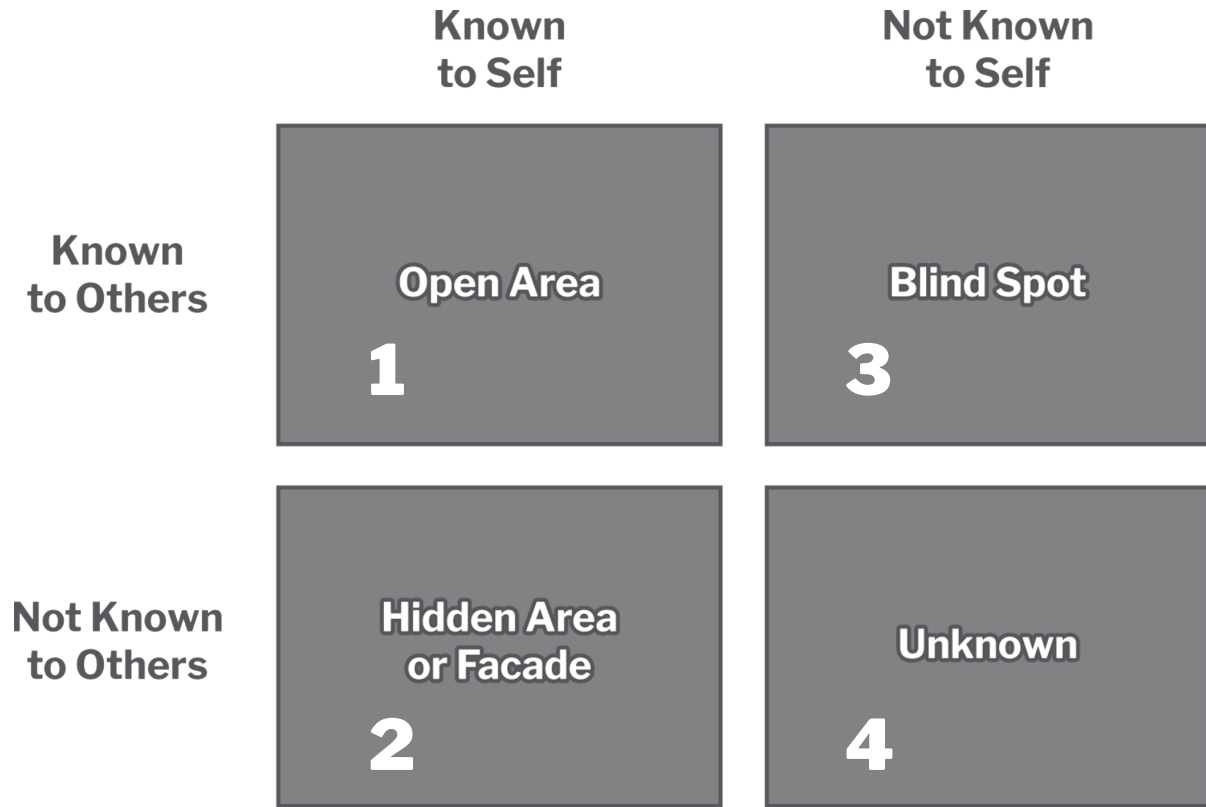




EXERCISE 3



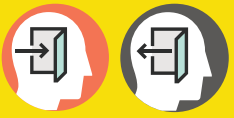
THE JOHARI WINDOW MODEL

What are some examples in your life from Box 1, the **Open Area** that are *known to you AND known to others*?

1. _____
2. _____
3. _____

What are some examples in your life from Box 2, the **Hidden Area or Facade** that are *known to you BUT NOT KNOWN* to others?

1. _____
2. _____
3. _____



EXERCISE 3 (Cont'd.)



Take a few moments and identify three people who are the most influential to you right now. They could be your spouse, family member, friend or a co-worker or someone who knows you well. Approach them with the following questions:

What three things am I aware of which are helping me or hindering me in a great way?" Be specific.

1. _____

2. _____

3. _____

What are three potential weaknesses do you think I may be aware of but am not sure that I actually am? Be specific.

1. _____

2. _____

3. _____



EXERCISE 3 (Cont'd.)

What three things am I aware of which are helping me or hindering me in a great way? Be specific.

1. _____

2. _____

3. _____

Once you've obtained your feedback, take a few moments to consolidate your notes, and write down your top three take-aways in your own words.

Consider the following questions:

Was their feedback insightful?

Did it validate anything you may have already known?

What can you do to improve in this area?

1. _____

2. _____

3. _____

NOTES
