**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The Johari Window Exercise**

Think about your personal characteristics/opinions/beliefs/values/skills/triumphs/failures/insecurities/points of pride, and consider how they would be plotted into a Johari Window if you were to start your dream job tomorrow. On the reverse of this sheet you will find a blank box; draw the lines for each quadrant as they would apply to you, and fill in each quadrant with the words that are you believe represent you in the "Open", "Blind", "Hidden" and "Unknown" quadrants.

Think about the following as you plot out your different characteristics/skills/beliefs/ambitions etc.:

* What would you deliberately share with your co-workers?
* What would you deliberately hide from them?
* Go home and ask a family member to comment on your "blind spot".
* Confront the "unknown" by speculating on what might be listed there.

Analyze the results in a short (250-word) self-reflection. What did you learn about yourself through this exercise? What goals do you hope to achieve in regards to personal development?

**My Johari Window**

*Unknown to Self*

*Known to Self*

**Unknown Self**

**Hidden Self**

**Blind Self**

**Open Self**