

<p>1. wide open</p> <p>We know & others know</p> <p>The us we share with the world</p>	<p>3. blind spot</p> <p>We don't know & others know</p> <p>The aspects of us that we are unaware of and that other people notice</p>
<p>2. mask</p> <p>We know & others don't know</p> <p>The us we keep hidden from the world</p>	<p>4. dark closet</p> <p>We don't know & others don't know</p> <p>The aspects of us that is deeply hidden</p>

The Johari Window

The entire goal of this worksheet is to expand awareness. Use it to support yourself as you grow.

Is there a reoccurring pattern that you want to get curious about?

What is the pattern?

How does the pattern show up in other areas of your life?

Where are the places that you are aware of the pattern and challenge or confront it?

Think of one or two trusted friends you can ask for feedback.

What new insights do you have after learning about a blind spot?

What tools do you already possess that would help you explore further?

How does this pattern support you, or stop you from showing up in life as you would like to?

How will you support yourself to stay conscious to this insight?

<p>1. wide open</p> <p>We know & others know</p> <p>The us we share with the world</p> <p>↓ ↓ ↓ ↓</p>	<p>3. blind spot</p> <p>We don't know & others know</p> <p>The us we are unaware of and other people can see</p>
<p>2. mask</p> <p>What we know & others don't know</p> <p>The us we keep hidden from the world</p>	<p>4. dark closet</p> <p>We don't know & others don't know</p> <p>The us we are unaware of and no one knows</p>