Learning About Yourself

What do you really know about yourself? Being able to critically look at your attitudes, behaviours, skills and personal characteristics and fundamental if you are going to become a good leader.

The **JOHARI WINDOW** offers us a way of comparing what we know about ourselves with what others know about us. Complete the table below with friends and family.

|  |  |
| --- | --- |
| **Blind Spot** (known to others, unknown to you) | **Open Area** (known to you and to others) |
| **The Unknown** (unknown to others and you) | **Hidden Self** (known to you, unknown to others) |