

The Johari Window Worksheet

Finding hidden gems in yourself and others

A quick recap

The Johari Window is a self-awareness model that represents information about a person such as– their strengths and vulnerabilities, or their thoughts and feelings– in relation to themselves and others, from four perspectives:

Open area:	Known to yourself and to others
Blind area:	Know about you but you are not aware of
Hidden area:	Know about yourself but which are unknown to others
Unknown area:	Unknown to you and to others

Growing your open area with the Johari Window

This self-awareness model is dynamic and changes as you provide more information to others, and they give you feedback. You increase what you know about yourself by inviting feedback from others. And you increase what they know about you by sharing information about yourself.

Personal strengths list

Select your top five strengths from the list of personal strengths below. Then do the same for each of your team members.

Adaptability	Discipline	Inclusiveness	Perspective
Ambition	Empathy	Judgement	Prudence
Analysis	Enthusiasm	Kindness	Relationship building
Appreciation of Beauty & Excellence	Focus	Leadership	Responsibility
Authenticity	Fairness	Learning	Self-assurance
Bravery	Flexibility	Listening	Self-control
Consistency	Forgiveness	Logic	Social intelligence
Communication	Gratitude	Love	Spirituality
Connectedness	Honesty	Motivation	Strategic thinking
Confidence	Hope	Negotiation	Teamwork
Creativity	Humility	Open-mindedness	Time management
Curiosity	Humor	Optimism	Trustworthiness
Deliberation	Ideation	Peacekeeping	Vision
Dedication	Influence	Persistence	Zest
	Integrity	Positivity	

Your Johari Window

A quick recap

Draw the following on a blank sheet of paper and plot your strengths (*or print this page*).

Remember:

- Strengths that are on both lists go into the OPEN AREA
- Strengths that appear only on an individual's personal list go into the HIDDEN AREA
- Strengths that are on others' lists but not the personal go into the BLIND AREA

OPEN AREA	BLIND AREA
HIDDEN AREA	UNKNOWN AREA