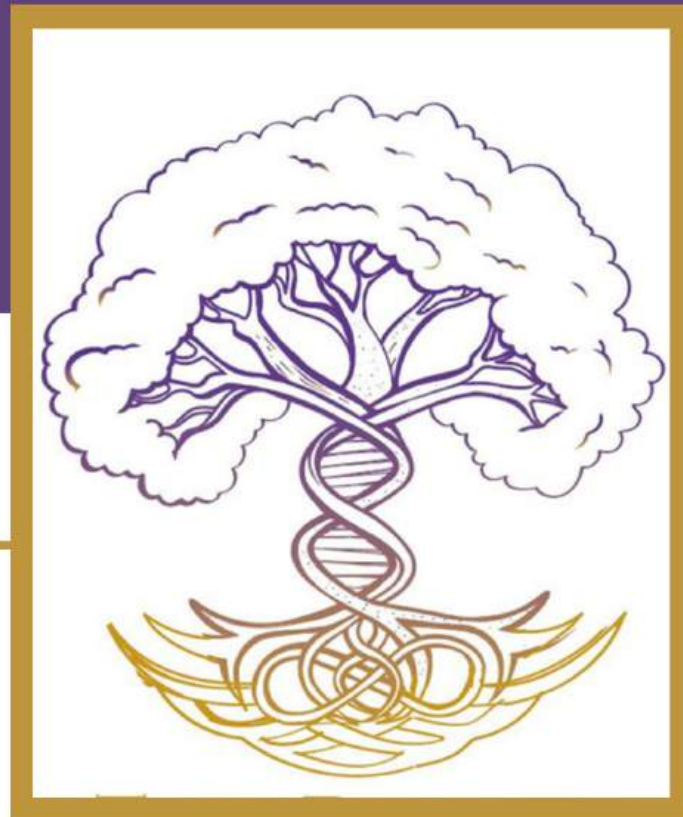


www.tamdillon.com

THE JAHARI WINDOW

WORKBOOK



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ABOUT THIS WORKBOOK

The Johari Window Workbook is a practical tool to help you explore and expand your self-awareness through the Johari Window model. By reflecting on the four quadrants—Public Area, Private Area, Blind Spot, and Unknown Area—you'll gain insights into what you know about yourself, what others see in you, and the untapped potential within.

This workbook combines reflective exercises and feedback collection to help you uncover hidden patterns, clarify strengths, and identify areas for growth. It guides you through understanding yourself more deeply and improving your relationships by fostering open communication and trust.

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EXPLORING THE QUADRANTS

The prompts in this section are designed to help you reflect on the four quadrants of the Johari Window: Public Area, Private Area, Blind Spot, and Unknown Area. Each quadrant represents a different aspect of self-awareness, offering unique insights into how you perceive yourself and how others perceive you.

By exploring these quadrants, you can uncover hidden patterns, clarify your strengths, and better understand areas for personal growth. These exercises encourage you to expand your Public Area by gaining awareness of your Blind Spot and carefully considering what to share from your Private Area. They also prompt you to delve into the Unknown Area, fostering curiosity about untapped potential.



OPEN AREA: KNOWN TO YOU AND OTHERS

List traits, strengths, and behaviors you believe others know about you and you also recognize in yourself. How do you communicate these aspects to others? What feedback have you received that aligns with how you see yourself?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

HIDDEN AREA: KNOWN ONLY TO YOU

What do you know about yourself that you rarely or never share with others? Why do you choose to keep these aspects private? Are there aspects you feel ready to disclose, and how might that improve your relationships?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

BLIND AREA: UNKNOWN TO YOU KNOWN TO OTHERS

What feedback have others given you about strengths, weaknesses, or behaviors you might not have been aware of? How do you typically respond to constructive feedback? What specific feedback could you seek to gain a clearer understanding of your blind spots?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

UNKNOWN AREA: UNKNOWN TO YOU AND OTHERS

What untapped potential, talents, or motivations might you suspect exist within you? How can you explore this area (e.g., trying new experiences, journaling, mindfulness)? Reflect on times when you surprised yourself. What might that reveal about this area?

[illegible]

GAINING EXTERNAL FEEDBACK

Print three copies of the Johari Window Worksheet and share them with three trusted people who can provide honest feedback. Work through the quadrants together, starting with the Public Area, then the Blind Spot. Discuss each quadrant and only move on once you agree on its contents.

If you are feeling comfortable and ready, share elements from your Private Area to work on shrinking this area. For the Unknown Area, ask for insights on untapped potential or strengths you may not recognize. Once all sessions are complete, combine the findings into a Master Johari Window and identify two - three actionable steps based on the feedback received that you could implement to further your growth.



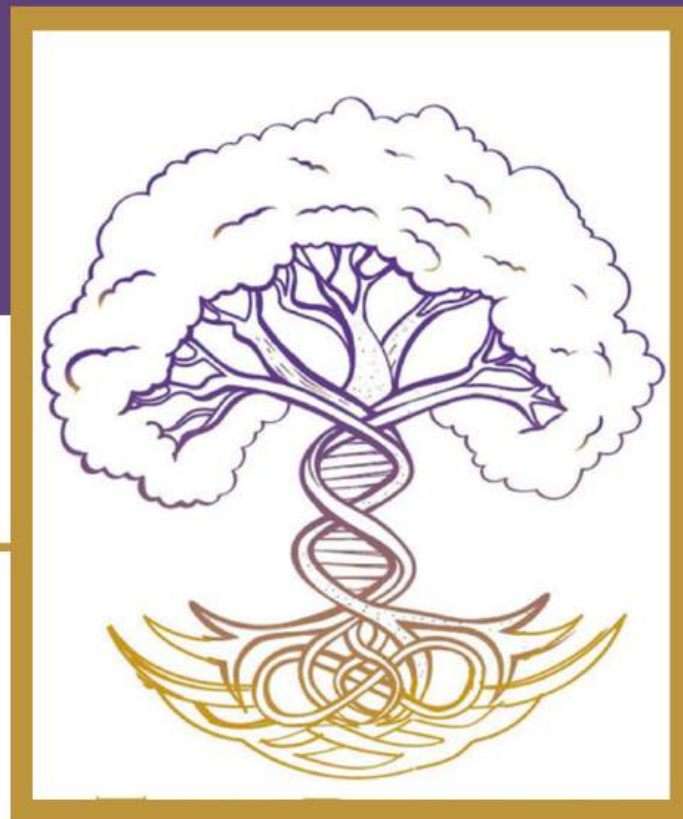
SOURCING EXTERNAL FEEDBACK WORKSHEET

PUBLIC AREA	UNKNOWN AREA
PRIVATE AREA	BLIND SPOT AREA

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