YOU

The 56 adjectives below are used in the Johari Window, a tool you can use to understand your relationships with yourself and others.

able | accepting | adaptable | bold | brave | calm | caring | cheerful
quiet | reflective | relaxed | religious | responsive | searching | self-assertive
clever | complex | confident | dependable | dignified | empathetic | energetic
extroverted | friendly | giving | happy | helpful | idealistic | kind | ingenious
intelligent | introverted | knowledgeable | logical | loving | mature | modest
nervous | independent | observant | organized | patient | powerful | proud
self-conscious | sensible | sentimental | shy | silly | spontaneous
sympathetic | tense | trustworthy | warm | wise | witty

1. Choose 6 of these adjectives that you feel best describe you.
2. Ask peers, family and friends to choose the 6 adjectives they would use to best describe you.
3. Once the results are in, fill in the window below as follows:

Open Arena - these are things that both you and others recognise about you.
Blindspot - attributes that others recognised about you that you weren't aware of.
Hidden Arena - these are things you recognised about yourself but were not perceived by others.
Unknown Arena - this section holds attributes neither you nor others recognised about you.

This exercise can help you understand how you see yourself compared to how others see you. It can help you identify strengths you might be unaware of that others readily observe or traits hidden to others that might benefit you and them. It can also help you define how you want to be perceived.

	KNOWN TO SELF	NOT KNOWN TO SELF
KNOWN TO OTHERS	OPEN ARENA	BLINDSPOT
NOT KNOWN TO OTHERS	HIDDEN ARENA	UNKNOWN ARENA