

	Self-perception Known to me	Self-perception Not known to me
External perception Known to others	Public area Behaviour and facts that are known to me and others	Blind area Aspects of behaviour that I do not know and are only perceived by others
External perception Not known to others	Private area Aspects which we consciously hid and which are not perceived by others	Unknown area Things that are not immediately accessible and not known to us and others

Johari window

	Self-perception Known to me	Self-perception Not known to me
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Abstract thinker	Boring	Curious	Emotional
Academic	Broad minded	Customer-focused	Empathetic
Accepting	Business like	Daring	Energetic
Accurate	Calm	Decisive	Enterprising
Achievement driven	Carefree	Defeated	Enthusiastic
Action-orientated	Careful	Deferential	Exceptional
Adaptable	Caring	Defiant	Exciting
Adventurous	Cautious	Deliberate	Expedient
Affectionate	Changeable	Dependable	Experienced
Afraid	Charismatic	Dependent	Expert
Aggressive	Cheated	Depressed	Firm
Aggrieved	Cold	Detail-orientated	Flexible
Alloof	Commercially aware	Determined	Focused
Ambitious	Committed	Diligent	Foolish
Amused	Competent	Diplomatic	Forgiving
Analytical	Competitive	Disappointed	Forthright
Angry	Confident	Disciplined	Friendly
Annoyed	Confused	Discreet	Frustrated
Anxious	Conservative	Disdainful	Fun-loving
Appreciative	Consistent	Dismayed	Generous
Apprehensive	Content	Disorganised	Gentle
Articulate	Cool	Dominant	Gloomy
Ashamed	Cooperative	Down to earth	Grateful
Assertive	Courageous	Dynamic	Grounded
Astute	Crazy	Easygoing	Guarded
Authoritative	Creative	Efficient	Happy
Bashful	Credible	Effective	Helpful

	Self-perception Known to me	Self-perception Not known to me
External perception Known to others	Public area	Blind area



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External perception Not known to others	Private area	Unknown area
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Adjectives for me

Myself	Others
1)	1)
2)	2)
3)	3)
4)	4)



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5)	5) 6)
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Adjectives for each member of the team

1)

2)

3)

4)

5)



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