

List of character traits

Exercise: Make copies of this and give the list to a few close friends that you trust. Go down the list and check all the traits that you think apply to you. Have your friends do the same (traits that apply to you, not them). Then compare the lists. Traits that show up on your list but not any of theirs are Hidden.

Traits that show up on both yours and theirs are Open. Traits that show up on their lists but not yours are Blind Spots. Traits that show up on none of the lists are potential Unknowns. Make a large drawing of Johari Window and fill in the traits. What insights does it give you?

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|----------------------------------------|----------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Able | <input type="checkbox"/> Extroverted | <input type="checkbox"/> Organized |
| <input type="checkbox"/> Absent-minded | <input type="checkbox"/> Focused | <input type="checkbox"/> Patient |
| <input type="checkbox"/> Accepting | <input type="checkbox"/> Friendly | <input type="checkbox"/> Powerful |
| <input type="checkbox"/> Adaptable | <input type="checkbox"/> Funny | <input type="checkbox"/> Proud |
| <input type="checkbox"/> Attentive | <input type="checkbox"/> Gentle | <input type="checkbox"/> Quiet |
| <input type="checkbox"/> Bold | <input type="checkbox"/> Giving | <input type="checkbox"/> Reflective |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Hard-working | <input type="checkbox"/> Relaxed |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Happy | <input type="checkbox"/> Religious |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Helpful | <input type="checkbox"/> Responsive |
| <input type="checkbox"/> Cautious | <input type="checkbox"/> Honest | <input type="checkbox"/> Searching |
| <input type="checkbox"/> Charismatic | <input type="checkbox"/> Idealistic | <input type="checkbox"/> Self-assertive |
| <input type="checkbox"/> Cheerful | <input type="checkbox"/> Independent | <input type="checkbox"/> Self-conscious |
| <input type="checkbox"/> Clever | <input type="checkbox"/> Ingenious | <input type="checkbox"/> Sensible |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Intelligent | <input type="checkbox"/> Sentimental |
| <input type="checkbox"/> Compassionate | <input type="checkbox"/> Introverted | <input type="checkbox"/> Shy |
| <input type="checkbox"/> Complex | <input type="checkbox"/> Kind | <input type="checkbox"/> Silly |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Knowledgeable | <input type="checkbox"/> Spontaneous |
| <input type="checkbox"/> Crafty | <input type="checkbox"/> Logical | <input type="checkbox"/> Sympathetic |
| <input type="checkbox"/> Curious | <input type="checkbox"/> Loving | <input type="checkbox"/> Tense |
| <input type="checkbox"/> Dependable | <input type="checkbox"/> Mature | <input type="checkbox"/> Trustworthy |
| <input type="checkbox"/> Determined | <input type="checkbox"/> Modest | <input type="checkbox"/> Warm |
| <input type="checkbox"/> Dignified | <input type="checkbox"/> Nervous | <input type="checkbox"/> Wise |
| <input type="checkbox"/> Energetic | <input type="checkbox"/> Observant | <input type="checkbox"/> Witty |