



Seeing the Unseen

By Scott Harris – Authentic Results

IMPORTANT: As an added bonus for downloading this report, you also receive additional exclusive training.

To access your bonuses, go to:

<http://www.authenticresults.com/blog>

Welcome

Hi,

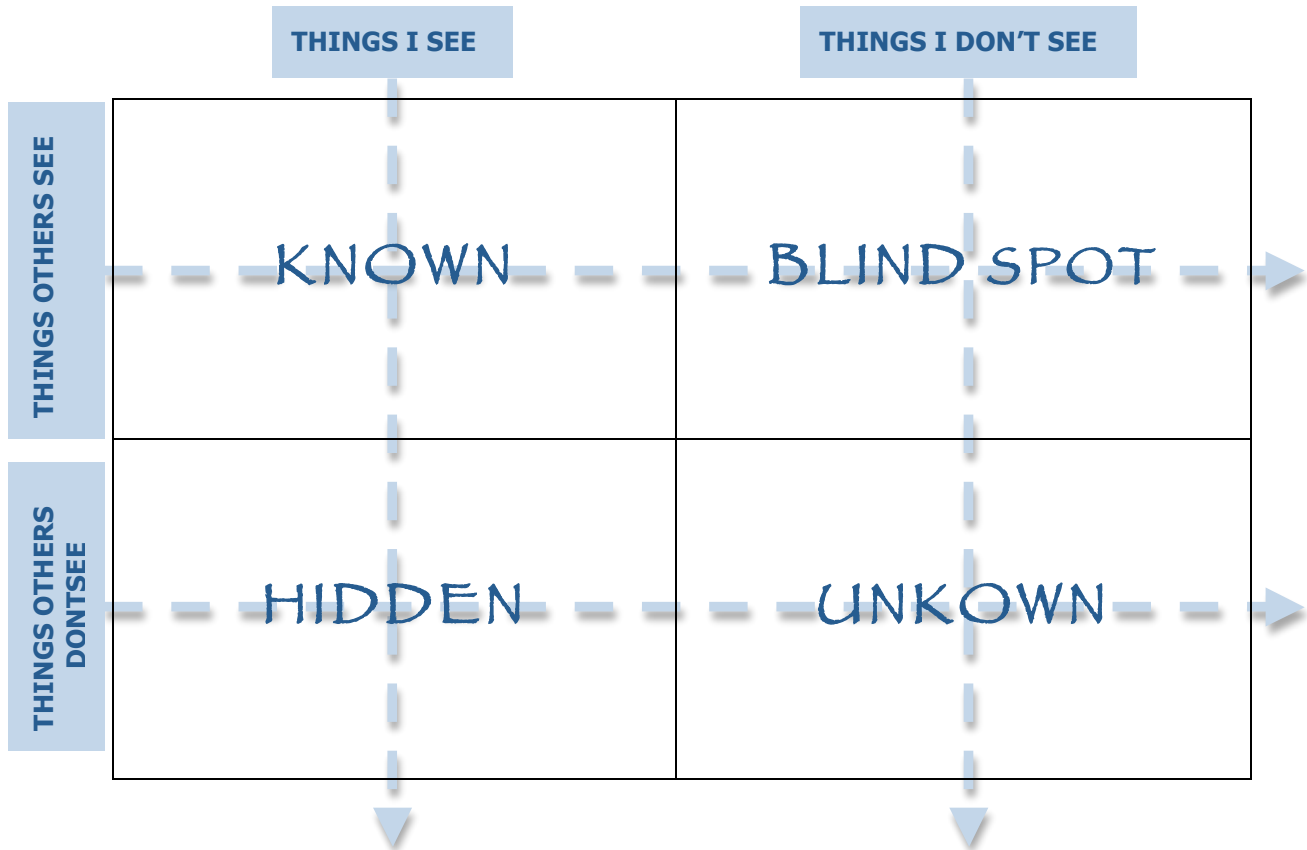
I really believe that one of the first steps to changing our lives, moving forward, and growing to be all that we really are capable of being is **self awareness**. It seems trite to say, but the truth is we can't change what we don't know about.

Being an avid reader, listener, participant and teacher of "personal development" material for the last 15 years, I really am convinced that great 'tools' help sculpt an extraordinary life. Yes, you need a visionary mindset; and great physical energy; and an inspiring dream; but if you haven't got amazing tools ... it's possible you might just be excitable and undirected!

An amazing model of awareness that I know of is the Johari Window, named after Joseph Luft and Harry Ingham. It was first used in an information session at the Western Training Laboratory in Group Development in 1955. For more of the history on the Johari Window go check out Google!

Based on disclosure, self-disclosure and feedback, the Johari Window can be used to improve your relationships with others, and (most importantly) your self. And after all, this is ***personal*** development'.

Johari Window



The structure of the model is that there are:

- things 'I SEE'
- things 'I DON'T SEE',
- things 'OTHERS SEE' and
- things 'OTHERS DON'T SEE'.

And you will see how this plays out shortly.

Known

Jumping off point is the KNOWN quadrant. Otherwise called the ARENA, this is the parts of me that I know about, and let others see about me. It encompasses what we look like (although perhaps not fully – makeup, clever dress sense, hair pieces, dental work etc...can hide some natural features) and what stories/paradigms we present to the world about who we are and what we do. Rarely is this quadrant all of who we are.

Because so many of us have fears and doubts about 'what people think' and 'who we should be' full disclosure of our true selves is unusual. Generally the closer we are to someone, the more deeply we are connected, the more we reveal of ourselves in this KNOWN ARENA.

That said even with our closest relationships we can still hide things – both deliberately (consciously) and unknowingly (unconsciously).

It is this unknowing, unconscious, blind spot quadrant we look at today.

The Blind Spot

The blind spot refers to what is unknown by a person about him/herself but which others know about them. This can be simple information, like having left over food on your lip, or a button undone on your shirt (or worse! LOL). I once had a great friend tell me their 'bald spot' was their 'blind spot'!

And it can also involve deep personal issues, for example, feelings of inadequacy, incompetence, unworthiness, rejection, which are difficult for individuals to face directly, and yet can be seen by others. Think about it, aren't their patterns you see in your friends, family and work colleagues that they don't recognise themselves? Well guess what, we all have some of those ourselves...we just don't see them.

THINGS I SEE

THINGS I DON'T SEE

THINGS OTHERS SEE

KNOWN (open):

The known area is that part of our conscious self – our attitudes, behaviour, motivation, values, way of life – of which we are aware and which is known to others. We move within this area with freedom. We are “open books”.

BLIND SPOT:

There are things about ourselves which we do not know, but that others can see more clearly; or things we imagine to be true of ourselves for a variety of reasons but that others do not see at all.

When others say what they see (feedback), in a supportive, responsible way, and we are able to hear it; in that way we are able to test the reality of who we are and are able to grow.

THINGS OTHERS DONTSEE

HIDDEN:

Coming Soon!!

UNKOWN:

Just wait ... it's on its way!

What Do I Do About Blind Spots?

Great question!

The good news is YOU ARE ALLREADY DOING SOMETHING POWERFUL! Just asking the question is a great start. The beginning starts with awareness that we all might just have some traits or behaviours that we don't yet know about.

Personally, I know that having great friends and peers that I can call upon to speak frankly and honestly to me really supports my growth. Even better, is having an amazing 'coach' – Feel free to get in touch with me if this is something that interests you:

<http://www.authenticresults.com/blog/contact-us>

Think about it, Tiger Woods, the world's best golfer, has not one, but **multiple** coaches to let him know what he cant' see. Because as good as he is, even Tiger can't watch himself swing the club! I would love to share more with you about how to find an amazing coach in the future.

Something else that works great is a pen and paper! Huh? You may be asking...Here's what I mean. There is power of writing things down, journaling, recording, capturing ... whatever you want to call it ... is amazing. If you haven't already, I would highly recommend you start writing things down and allow yourself to experience power for yourself first hand.

In fact, get a pen and paper out and ask yourself these questions ...

Questions

Here are some simple yet powerful questions to ask yourself...

- What don't I see in myself, which I now chose to recognise?
- What patterns, or behaviours, do I have that I haven't noticed before?
- Where in my life am I not growing as I would like? Why?
- What about 'me' is preventing that growth?
- Who do I know that knows me better than I know myself?

Once you know the answer to this last question, go ask them these same questions about you ... you will be amazed at what you will learn.

Final Words

I know the Johari Window and these simple questions have been a powerful tool for me becoming aware is a great start to transforming your life.

I hope you have found this to be fun, simple to understand, and take the next step to USE in your own personal growth.

Until we meet in person soon.

Go live *Authentically!*

Kindly,

Scott