

DISCOVER BLIND SPOTS—GAIN AWARENESS, & GROW



COMMON BLIND SPOTS



Blind Spots

- Negative Thought Patterns
- Black/White Thinking
- All/Nothing Thinking
- Not Using One's Voice
- People-pleasing
- Personalization
- Addicted to Being Right
- Not Open to Influence

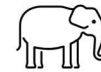
Blind Spots

- Discounting Feelings
- Lack of "X" and/or Too Much of "X"
- Catastrophizing
- Assuming We Remember
- Not Knowing
- Everyone Thinks Like Me
- I Believe I Am Listening
- Should's
- Add Your Own

What patterns are emerging?



BARB'S TOOLS & TIPS TO SHIFT BLIND SPOTS BEHAVIORS



TOOLS

- DiSC
- Myers Briggs
- Johari Window
- StrengthsFinder
- The VIA Character Strengths Survey
- Ladder of Conclusion (Judith E. Glaser)
- 360/363 Assessment
- Manager Feedback Report
- Feedforward Exercise (Marshall Goldsmith)
- Faulty Thought Patterns

TOOLS

[Johari](#)

[Free Tools/Assessments](#)

Source: Authentic Happiness— U of Penn

LISTEN DEEPLY/ASK POWERFULLY



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