

Johari Window (individuals)	
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How was the Energy You test? We recommend you to listen the previous audio (Energy You) and take the test before continuing with this pill.

Now I'm going to show you a bit of Johari Window. This is a tool used to understanding ourselves and our interpersonal relations. It consists of four quadrants (*picture*) organised by a horizontal scale "known or unknown to us" and a vertical scale "known or unknown to others".

The process you will need to follow is easy:

#### FOR INDIVIDUALS

1. Tell us who you are: Build a model of yourself with LEGO pieces. 2. What you know about yourself the other don't know about you? Build a model of yourself with LEGO pieces.

#### FOR TEAMS

1. Tell us who you are: Build a model of yourself with LEGO pieces. 2. What the others know about you: Pick and choose a name and build a model of this person. 3. What is your worst nightmare when working in the Integrated Project team? Build a model with LEGO pieces.

Then, you will record and upload a short video or a picture explaining the story behind the model that will help you to reflect on it.

I encourage you to share the findings and thoughts with others (your team, family, etc.) and it will give you a better insight.

#### Why?

This process is highly emotional. People use to express their deepest emotions, fears... and all these arise especially when working with your hands and your brain, connecting both the motor and cognitive systems.

Usually teams are created based on persons who have worked together the previous year, or by random criteria. But new created teams need some time to adjust in order to perform as one united team, and in this process, people get to know each other more and better.

By following this exercise, if performed by all members of a team, it will enable the team members to generate trust and confidence, both of them key when becoming a team.

Johari Window works very good because it gives a clear picture of the situation in a very fast way, with all participants sharing their emotions.

Some of the discoveries you might get after playing with this tool are:

- Increased self-awareness
- Increased social awareness
- Appreciating and interacting positively with diverse groups
- Handling emotions so that they facilitate rather than interfere with the task
- Improved relationship skills
- Handling emotions in relationships effectively, establishing and maintaining healthy and rewarding relationships based on cooperation and resistance to inappropriate social pressure
- Responsible decision-making
- Developed capacity of assessing situational influences and generating, implementing, and evaluating ethical solutions to problems that promote one's own and others' well-being

Now you can start getting to know yourself better. Play!

>>YOU CAN ACCESS THE ASSIGNMENT [HERE](#)<<