

<i>Patient</i>	<i>Silly</i>	<i>Caring</i>	<i>Independent</i>	<i>Powerful</i>	<i>Smart</i>
<i>Proud</i>	<i>Spontaneous</i>	<i>Clever</i>	<i>Intelligent</i>	<i>Quiet</i>	<i>Sympathetic</i>
<i>Tense</i>	<i>Confident</i>	<i>Kind</i>	<i>Trustworthy</i>	<i>Dependable</i>	<i>Warm</i>
<i>Modest</i>	<i>Energetic</i>	<i>Idealistic</i>	<i>Introverted</i>	<i>Logical</i>	<i>Cheerful</i>
<i>Reflective</i>	<i>Sentimental</i>	<i>Nice</i>	<i>Knowledgeable</i>	<i>Wise</i>	<i>Ingenious</i>

Next, compare lists and fill in the window!

- Adjectives you both chose to describe you can be written in your **'Open' window**. These are traits that you both recognise and are easily identifiable to you.
- Adjectives which you identified about yourself but your partner did not, can go within your **'Hidden' window**. These are things which may not be immediately obvious to other people, but you know about yourself. If you are knowingly trying to hide these traits, try to open up a conversation about why that might be – remember that all personality types, introverts and extroverts, are valuable to an organisation! If they are traits you'd like people to know about, you should aim to showcase these.
- Adjectives which your partner identified but you did not go within **the 'Blind Spot' window**. These are traits that you may not know you have, so seeking feedback on these is crucial for your self-awareness.
- All other adjectives can be written in the **'Unknown' window**. If these are traits you seek, think about how the different ways you could develop them.

Uncovering your blind spots is crucial to uncovering hidden talents and areas where you could be focusing your energy. Ideally, your 'Open' window should be as large as possible to reflect your own self-awareness and how you showcase yourself to others. This can be done through reflection, feedback and self-discovery.

Let us know how you found this exercise! If you have any further questions, get in touch by emailing mentors@socialmobility.org.uk, or your local City inbox.