



## My blind spot

### Objectives

To pause and reflect on what we think we know. To explore our assumptions, beliefs and automatic reactions. To create space for new perspectives and deeper self-awareness.

### Pause

Close your eyes and take a deep breath. Listen to your favorite music. Think about a situation that you are dealing with right now. When ready open your eyes and continue.

### Expanding

Now we're ready. Let's go! Choose 4 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and text on each card.

### Focus and action

Write down your insights, observations and 3 actions that will move you. One for today, one for next week and one for the upcoming month.

#### [ 1 ] What do I know?

My Card:

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#### [ 2 ] What I know that I don't know?

My Card:

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#### [ 3 ] What I don't know that I don't know?

My Card:

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#### [ 4 ] What insights do I take from this?

My Card:

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