

Creative Tools & Workshops for Development



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?	,	\ !	
1 1 1	[2] What I know that don't know?		
My Card:	(,	
		[3] What I don't know that I don't know?	
	My Card:		[4] What insights do I take from this?
		My Card:	
			My Card:
			 -
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