



The IMPACT Club

A MEMBERSHIP FOR INDIVIDUALS LOOKING TO STAND OUT
& MAKE AN IMPACT

Your Impact Insights July Workbook

Where am I now?





Welcome to July

What can you create?

A full month ahead to focus on one area of your personal brand and impact.

This month's topic is 'Where am I now?' For our first month it made sense to check in and reflect exactly where we are with our impact.

This is an area that is often overlooked, but doing the work will help you move forward and focus on the areas that will really make an impact in all parts of your life.

As always, have fun and let me know how it goes via the Facebook group.

Deborah



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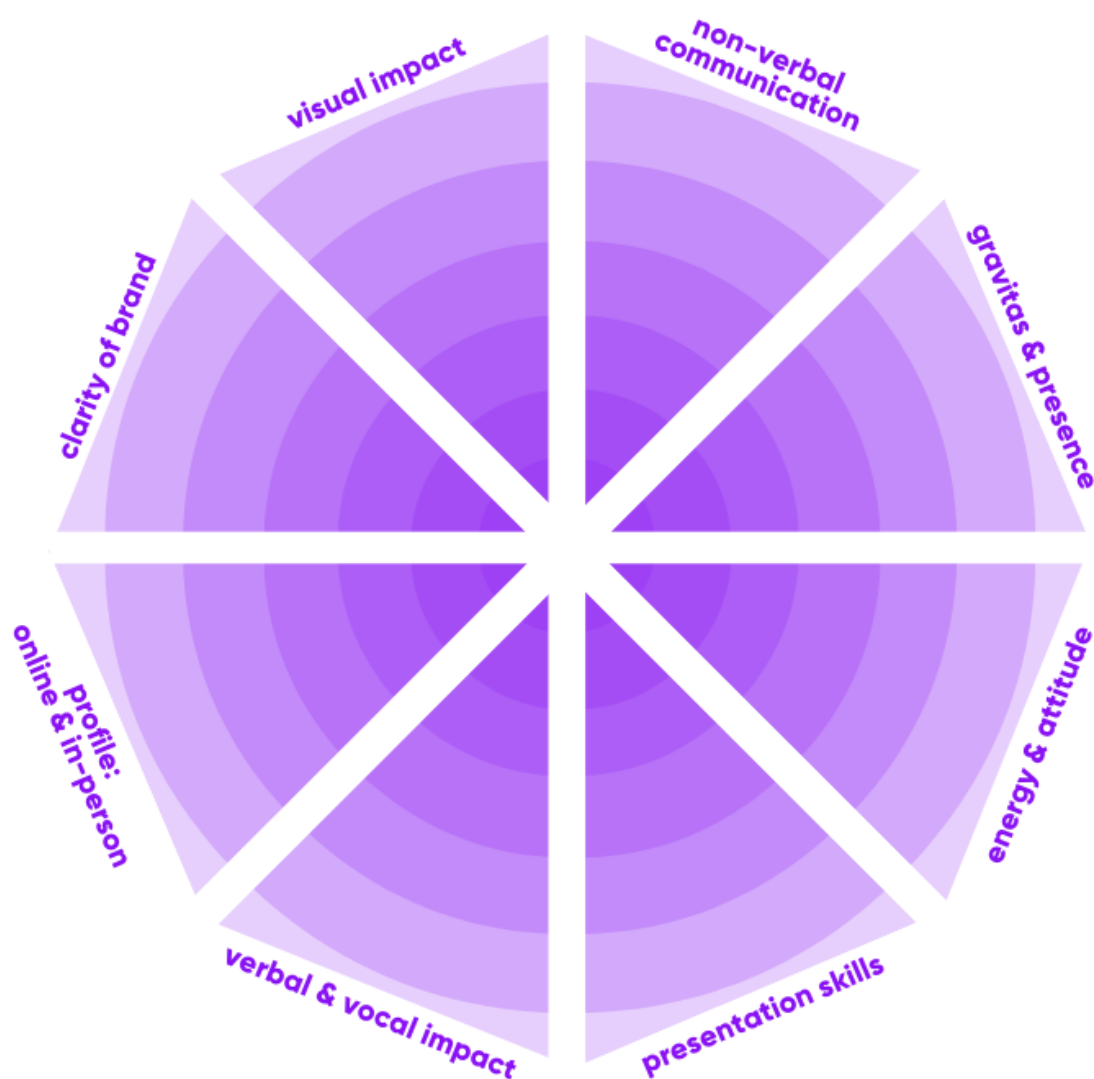
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05-06

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Wheel of Impact

The Wheel is a useful tool to gain an insight into your current strengths and areas for development.



Starting from the centre of the Wheel, shade in each segment to the degree of satisfaction. Completely shaded means 100% satisfaction.

As you work on each area, each segment of the Wheel will impact on other areas and therefore it is useful to review it every six months or so.



PUBLIC SELF

BLIND SPOTS

JOHARI WINDOW

Public self

Blind spots

Private self

Unknown self

PRIVATE SELF

UNKNOWN SELF



How to use your Johari Window

The Johari Window is split into four quadrants:

PUBLIC SELF

What you know about yourself and is also known by others

PRIVATE SELF

What you know about yourself that others do not know

BLIND SPOTS

What is unknown by you, but which others know

UNKNOWN SELF

What is unknown by you and is also unknown by others - this also where the POTENTIAL lies.

Some tips for using the Johari Window:

Step one:

Start with your public self. Make some notes about yourself.

What are your strengths and your weaknesses?

Then move onto your private self.

What are you comfortable with and willing to share with others?

Be honest and clear about what you know about yourself already.

Step two:

Ask others for feedback about yourself. Be prepared to seriously consider it.

You don't have to do everything that's suggested, but listen and think about it.

Always thank the person who provided the feedback.

Note that giving effective feedback is a skill and some people may be better at it than others!

When receiving feedback, be respectful, listen and reflect on what has been said.

On receiving the feedback you may want to explore it further and work on some of your traits and behaviours.

This can lead to discovery about yourself which opens up the unknown self. Exciting stuff!

WHAT SHALL I ASK?

Powerful Feedback Questions

Here are some suggested questions for obtaining feedback.

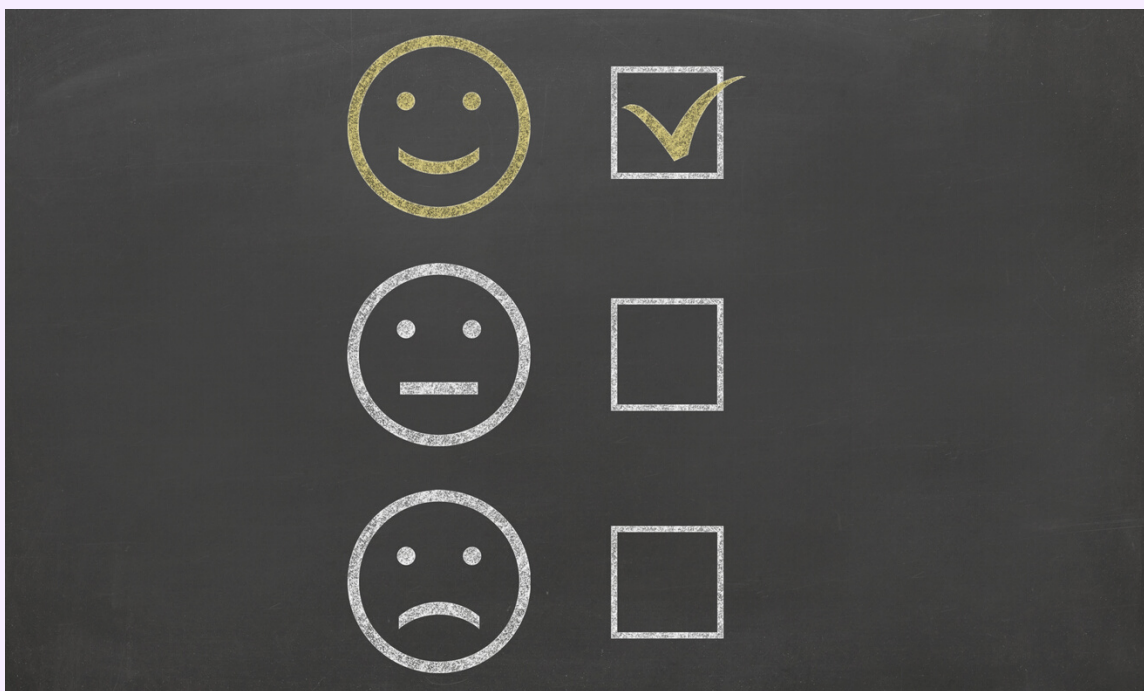
I suggest you ask 8-10 people so you have a good selection to look for any themes.

Always explain the context of the questions - that you are working on your personal brand and impact and the feedback is to help uncover any blind spots.

Bear in mind that you have invited the feedback so if it is something you don't like, don't be defensive. Take it gracefully and then reflect why that person may have that opinion.

QUESTIONS

- What words come to mind when you think of me?
- What should I continue to do to improve my impact?
- What one thing should I start to do, or do more of to improve my impact?
- What one thing should I stop doing to improve my impact?



Keep in touch

I can be found across the following social media platforms:



www.linkedin.com/in/deborahjogden



www.twitter.com/DO_impact



www.instagram.com/DO_impact



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