

# STORIES & HEART

## PERSONAL BLIND SPOT REFLECTIONS

## PERSONAL BLIND SPOT REFLECTIONS (WHAT'S IN YOUR MIRROR?)

---

**1. Lack of emotional intelligence?**

Self-observations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. Poor communication skills?**

Self-observations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3. Bad at delegation and trust?**

Self-observations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**4. Poor listening skills?**

Self-observations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**5. Does not provide visibility and access to team?**

Self-observations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**6. Challenged time management?**

Self-observations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SHARON PRICE JOHN  
CEO OF BUILD-A-BEAR WORKSHOP

# STORIES & HEART

## PERSONAL BLIND SPOT REFLECTIONS *(continued)*

### 7. Does not share vision/strategy/priorities?

Self-observations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 8. Lack of executive presence?

Self-observations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 9. Inability to develop team?

Self-observations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 10. Not good at conflict resolution?

Self-observations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Note: Even if you are not on a career track, it's likely you still have things lurking in your blind spot that could be holding you back or negatively impacting your life and relationships. There may not be as many professional tools to find them, but you could start with an open conversation with people you trust. One hint that has been helpful for me is to be aware when something—a comment or an action—makes me immediately angry. This is often referred to as a “trigger.” Learn to pause and ask yourself, “Why was that upsetting?” There is usually something hiding there that you could work on.

SHARON PRICE JOHN  
CEO OF BUILD-A-BEAR WORKSHOP