

# DO YOU KNOW *your* BLIND Spots?

**Are you stifling your ability to learn and make progress?  
How many of these 10 barriers sound familiar?**

Do you resist feedback?

Are you too busy to listen?

Are you a know-it-all?

Do you seek input from limited sources?

Do you shut people out to protect  
your feelings?

Do you get defensive when people  
offer feedback?

Do you seek input *only* from  
people with status?

Do you let your ego stop you  
from requesting input?

Do you surround yourself with  
“yes” people?

Do you think negative feedback is  
another way of saying, “You failed”?



*Closing your eyes to problems doesn't  
make them disappear. They're right  
under your nose even if you're  
unwilling to face them. Therefore,  
don't fear what you may learn  
about yourself, worry about what  
you don't.*

