



# Where are your blind spots?



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**Did you know you have a blind spot in each eye? And that your brain hides it from you? Here's how to find it:**

1. Print this page and fold where indicated.
2. Hold the paper at arm's length, eye level, bridge of nose centered between the marks.
3. Cover your left eye, and focus on the Retexo weave mark  on the left with your right eye.
4. Slowly move the paper directly toward your face, continuing to focus on the weave mark, but remaining aware of the "R" mark on the right.
5. Find the distance where the Retexo "R"  on the right disappears. That's your blind spot! Once you have found the right distance, move the paper up and down slightly if the mark is still partially visible.
6. Reverse the process, this time covering your right eye.

As leaders, not all our blind spots are this easy to find. We can help.



Why do we have blind spots? Scan the QR code to learn more or visit [retexo.com/octopus](https://retexo.com/octopus)

