



Personal SWOT Analysis

STRENGTHS	WEAKNESSES
<p>What sets you apart from others?</p> <p>What would your closest loved ones, boss, etc say are your best characteristics?</p> <p>What values do you have that others lack?</p> <p>What achievements are you most proud of?</p>	<p>Where is your education, training, skills, lacking?</p> <p>What would your closest loved ones, boss, etc say are your areas for growth?</p> <p>What habits hold you back?</p> <p>What do you avoid because you lack confidence?</p>
OPPORTUNITIES	THREATS
<p>What external situations are working in your favor?</p> <p>What aspects of your life are going best right now?</p> <p>Are there more efficient or easier ways to manage parts of your life/work?</p> <p>What new paths haven't you explored yet?</p>	<p>What external obstacles (circumstances, people, obligations) do you currently face?</p> <p>How is your life/job changing in ways that could affect your growth?</p> <p>In what ways might your strengths (used in excess) be holding you back?</p> <p>Where are you resisting change?</p>