

# Personal SWOT Analysis Worksheet

The SWOT analysis is commonly used in business; however, you can use this worksheet to do your own personal SWOT analysis. The results will help you to identify your strengths, managing your weaknesses in order maximize your opportunities.

## Strengths:

- What activities do you do well/excel at?
- What relevant knowledge, experience or natural capability do you bring to your role?
- What are your personality strengths?
- What activities do you have a passion for?
- What do others see as your strengths?
- Which strengths are required for success in your role?

## Weaknesses:

- What could you improve?
- What are your limitations?
- Which activities are in conflict with your natural style?
- What are others likely to see as weaknesses?
- What tasks or responsibilities do you dread?
- Where do you feel over committed?

## Opportunities:

- How can you turn your strengths into opportunities?
- What knowledge or experience could you gain to address current weaknesses?
- What resources do you have available to you to increase your capacity to act?
- How can your peers help you?

## Threats:

- What trends could harm you?
- What threats do your weaknesses expose to you?
- What obstacles are in your life?