

Self-Assessment: S.W.O.T. Analysis

A self-analysis exercise of your personal strengths, weaknesses, opportunities, and threats.

STRENGTHS: The traits or skills that set you apart from others.

1. _____
2. _____
3. _____
4. _____
5. _____

WEAKNESSES: The traits or areas in which you need to improve as a professional.

1. _____
2. _____
3. _____
4. _____
5. _____

OPPORTUNITIES: The external factors to take advantage of, while in pursuit of a new job opportunity and/or promotion.

1. _____
2. _____
3. _____
4. _____
5. _____

THREATS: The external factors which could potentially be a barrier to attaining your goals.

1. _____
2. _____
3. _____
4. _____
5. _____