



Personal SWOT Analysis Worksheet

- For instructions on using Personal SWOT Analysis, visit www.mindtools.com/personalswot.

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| <p>Strengths</p> <p>What do you do well? What unique resources can you draw on? What do others see as your strengths?</p> | <p>Weaknesses</p> <p>What could you improve? Where do you have fewer resources than others? What are others likely to see as weaknesses?</p> |
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| <p>Opportunities</p> <p>What opportunities are open to you? What trends could you take advantage of? How can you turn your strengths into opportunities?</p> | <p>Threats</p> <p>What threats could harm you? What is your competition doing? What threats do your weaknesses expose you to?</p> |
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