



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> |
| <p>I am loyal to those around me. I seek to make sure they are well cared for and assisting as I am able. This helps me to be apart of a productive team. I can connect well with those teammates, help them reach their goals, and help bring out the best in them. I can also lead from the front or the rear, as I have a natural tendency to lead and people recognize that in me. One of my greatest strengths is that I can adapt well to overcome my weaknesses.</p> | <p>I think there are times where I don't handle criticism well, for two reasons. The first reason is that I fear what others think of me. This can also be detrimental in some social interactions. Secondly, I am already hard on myself. Despite being able to bond well with others, it can take awhile for that bond to form.</p> |
| <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> |
| <p>Because of the friendships I form, I often have many opportunities opened to me, whether they be career opportunities, growth experiences, or many other forms of opportunities. As I enter a new phase of life, I have already begun to make connections that will present opportunities to expand my network.</p> | <p>My biggest threat is my fear of what others think. I think there is a possibility that that holds me back in leadership duties as I don't like confrontation. Other threats are work schedules that I don't like. I often fill my time with a lot of things that are important to me and work is what feels like it gets in the way.</p> |