



Worksheet

# Personal SWOT Analysis Worksheet

- For instructions on using Personal SWOT Analysis, visit [www.mindtools.com/personalswot](http://www.mindtools.com/personalswot).

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