



Worksheet

Personal SWOT Analysis Worksheet

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

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