

THE MOM SWOT ANALYSIS

Determine what needs attention and where you already excel.

STRENGTHS

What is working really well? What makes you proudest?

↑ HOUSE	💍 SPOUSE	😊 KIDS	🪻 SELF

WEAKNESSES

What is bugging you most? What needs the most work?

HOUSE





SPOUSE

KIDS

SELF





OPPORTUNITIES

What allies do you have? What resources can you use?

 HOUSE	 SPOUSE	 KIDS	 SELF

THREATS

What is standing in your way? What obstacles are you facing?

 HOUSE	 SPOUSE	 KIDS	 SELF

Take a look over your answers before you formulate your next plan of attack.

STRENGTHS: Don't forget to give yourself credit for what you do well.

WEAKNESSES: Organize a strategic plan to handle what you know need attention.

OPPORTUNITIES: You aren't alone! Utilize the resources at your disposal.

THREATS: You can't control everything. Isolate your obstacles and what you can do about them.