Personal SWOT Analysis Worksheet

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

Strengths	Weaknesses
What do you do well? What unique resources can you draw on? What do others see as your strengths?	What could you improve? Where do you have fewer resources than others? What are others likely to see as weaknesses?
Once I decide to do something, I will not stop until I have accomplished it. From a young age, I was taught to question why you are working on tasks and how to make your work easier. Now I have concrete, definable reasons for my choices and try to improve all aspects of what I am doing consistently. I have also worked many different types of terrible jobs. It helped me narrow in on the types of work I enjoyed and was willing to do. it also gives great perspective into expectations of what a professional career will look like.	I struggle with keeping track of time and regulating where my attention is. I also hyper focus on stuff. That can be a good thing, but it can also lead to large amounts of wasted time, ignoring other important tasks, and other negative things.
Opportunities	**Threats**
What opportunities are open to you? What trends could you take advantage of? How can you turn your strengths into opportunities?	What threats could harm you? What is your competition doing? What threats do your weaknesses expose you to?
My father works in data analytics and has his masters in mathematics and a minor in applied physics. He taught for 20+ years and will explain anythiing he knows about if I ask. He also has a large network of people whom he has worked with. All of them in recent years have been data analysts or software engineers. My mother also has many connections with software developers for various government contractors. I also have very little preference in the types of work I do. I also enjoy learning new things so will look into areas of development that potentially pay more because of lower supply of workers in those areas.	For the most part I don't have a whole lot to show for most of the work I have done throughout my life that would really distinguish me from anyone else. I have mostly wasted most of my adult life up to this point. Also most of the competition has signifigantly more experience and time in development and general use of computer software and programs.