**personal s.w.o.t. analysis**

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| INT E R N A L | |
| **Strenghts**  In order to figure out your strengths, focus on things that make you different from other people in your industry. For instance, if you are a marketer, and you have a marketing degree – you can add it to your strengths. You can also add any awards, distinctions, and certifications you have in the same niche. | **weaknesses**  Before you begin listing down your weakness, it is important to remind yourself that the purpose of this exercise is to improve your personal growth. |
| * I’m intellectually curious * My background, and my mind, are a fair combination of analytical and creative skills, with academic and professional experience in the sciences/engineering field on one hand, and, on the other one, in the fine arts * I’m empathetic and an active, actual listener * I usually operate on high levels of energy * I’m pretty versatile and easy going and I do enjoy to get to know new people, places and stepping into new contexts/situations | * Although I work fine under pressure, my mind is a bit chaotic and I’ve trouble focusing in a full way * Although the recovery process is going on, I still am an overthinker, which makes me anxious more often than it needs to be. * I’m not very solid at managing time, as I take my own time to finish tasks and assessments, therefore sometimes I might not be as fast as expected * I’m not very organized, workspace-wise; I tend to be quite chaotic * Sometimes a little too transparent in showing my emotions and opinions * Too energetic? |
| E X T E R N A L | |
| **Opportunities**  Depending on the purpose behind your SWOT analysis, this part can look different. You should also consider the opportunities that you can create by working on your weaknesses.  Sometimes, opportunities can also arise from your strengths. For instance, if you are good at graphic design, you can use your industry connections to find relevant jobs. | **threats**  When thinking of threats, it is important to not only look at factors keeping you from moving forward, but also at the people and environment that amplify their effects. |
| * Over the years, I have been undergoing professional and interpersonal experiences that equipped me with more wisdom, patience, and better understanding of myself, the others and the world * Intellectual curiosity (and maturity) push me into learning programs oriented for people who want to make it in the IT field * The IT field is not as traditional as other areas, and that’s one more reason to bet on it, in terms of employment rates and salaries | * Age-wise, I’m considered ancient by many employer’s standards * My professional and academic paths, divided into engineering and fine-arts, confuse employers and makes it more difficult for them to give a chance * The pace of the IT field might be too fast for me, with solutions usually becoming obsolete in a span of an year or less * The high competition in IT might induce a level of stress that’s challenging to manage |