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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? |
| <p>I am good at math, calculus, and physics.</p> <p>Experience troubleshooting electronics.</p> <p>Respectful and understanding to others.</p> <p>Other people tell me I am good at explaining things and being a team player.</p> | <p>I ask too many questions.</p> <p>sometimes I show up late</p> <p>easily distracted</p> <p>bad listener/ daydreamer</p> |
| 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? |
| <p>I can use the GI bill to get certifications.</p> <p>finishing Codeworks training</p> | <p>Not getting enough sleep can lead to not showing up on time.</p> <p>getting distracted and not listening during an important meeting.</p> |