



# Personal SWOT Analysis Worksheet

- For instructions on using Personal SWOT Analysis, visit [www.mindtools.com/personalswot](http://www.mindtools.com/personalswot).

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| <p><b>Strengths</b></p> <p>What do you do well?<br/>What unique resources can you draw on?<br/>What do others see as your strengths?</p>  | <p><b>Weaknesses</b></p> <p>What could you improve?<br/>Where do you have fewer resources than others?<br/>What are others likely to see as weaknesses?</p>   |
| <p>Attention to detail, small things can make big differences<br/>Loyalty, committed to my family and my team<br/>Work ethic, never give up mentality<br/>Patience, keep a cool head under pressure</p> | <p>Timeboxing, sometimes lose track of time spent on a task with little to no progress<br/>Asking for help later than sooner, trying to solve all issues solo<br/>Procrastination, waiting too long to begin or complete projects</p> |
| <p><b>Opportunities</b></p> <p>What opportunities are open to you?<br/>What trends could you take advantage of?<br/>How can you turn your strengths into opportunities?</p>                             | <p><b>Threats</b></p> <p>What threats could harm you?<br/>What is your competition doing?<br/>What threats do your weaknesses expose you to?</p>  |
| <p>Continued education in coding, varied languages/frameworks<br/>Vast expansion in tech field in and around the Treasure Valley</p>  | <p>Communicating in groups can be overwhelming and contributions can suffer as a result</p>   |