



WHAT SWOT WORKSHEET

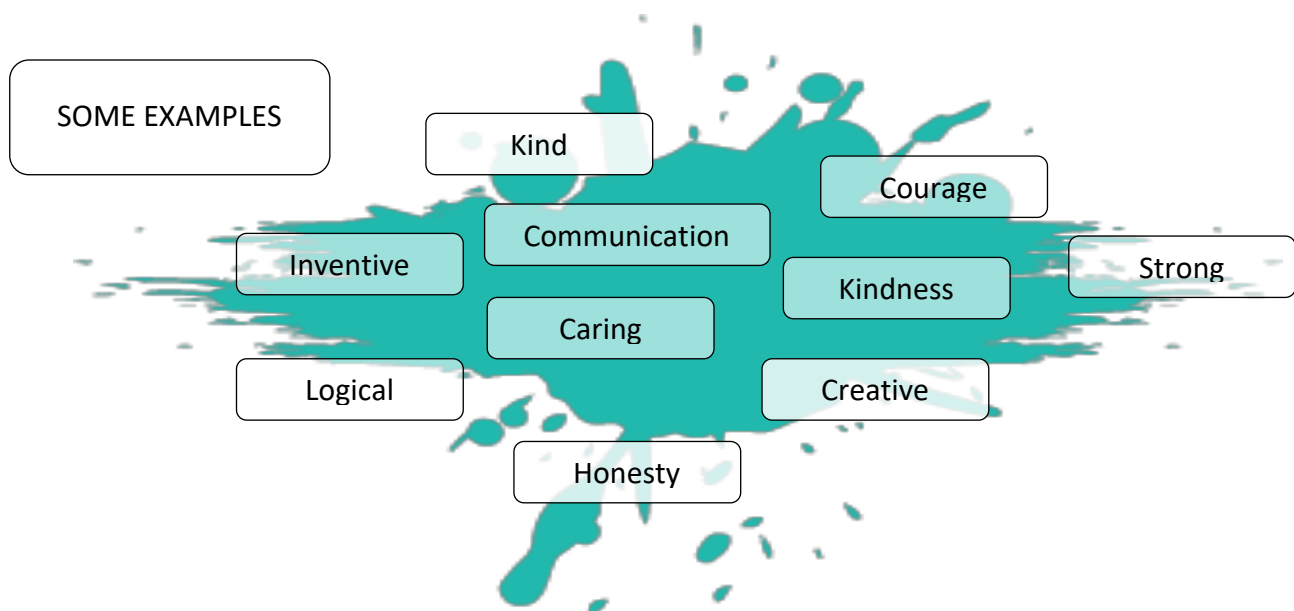
1. WHAT are your STRENGTHS?

Have a collaborative brainstorm with your parent(s) and see how many awesome strengths you can come up with.

For inspiration take a look at our example strengths list.

Don't forget to write your thoughts down below. When you're done, choose your top super strengths.

What I'm good at, my strengths and superpowers



My top 3-5 strengths and superpowers are:

1)

2)

3)

4)

5)

2. WHAT are your OPTIONS?

Now it's time to look at how you could use your strengths to improve this situation or solve this problem.

Have another brainstorm where you come up with as many ideas and options as you can. Write down your ideas and include which personal strength(s) you'll use.

For example:

| | |
|--|---|
| Option 1. I can speak up when they're not being nice to me. I can tell them I don't think that's what a friend would say and find someone else to play with. | Strengths. 1) Courage 2) Communication 3) Honesty |
|--|---|

Come up with as many ideas as you can.

| Your ideas and options: | Which personal strength(s) will you use? |
|-------------------------|--|
| Option 1 | |
| Option 2 | |
| Option 3 | |
| Option 4 | |
| Option 5 | |

3. WHAT IF?

Now it’s time to assess the options you’ve come up so you can make a decision about what to do next.

Look at each of your options and answer the following questions:

What’s the possible ‘best case’ scenario if you take this option? What might happen if things go well?

For example:

| | |
|--------------------------------|--|
| <i>If you choose Option 1.</i> | <i>They might say sorry and include me in their games I might make some new friends if I play with other groups They’ll know I’m not a push over and I can stand up for myself</i> |
|--------------------------------|--|

| | |
|----------|--|
| Option 1 | |
| Option 2 | |
| Option 3 | |
| Option 4 | |
| Option 5 | |

What's the possible 'worst case' scenario if you do this? What might happen if things go badly?

For example:

| | |
|------------------------------------|---|
| <i>If you choose Option 1.</i> | <i>They might laugh at me I might not have anyone to play with I might fall out with my friends</i> |
|------------------------------------|---|

| | |
|----------|--|
| Option 1 | |
| Option 2 | |
| Option 3 | |
| Option 4 | |
| Option 5 | |



How might you handle different situations and outcomes?

For example:

| | |
|------------------------------------|--|
| <i>If you choose Option 1.</i> | <i>I can ignore them if they laugh at me – I'll walk off I could join in one of the lunchtime clubs I could ask Jessica if I can join her group at lunchtime</i> |
|------------------------------------|--|

| | |
|----------|--|
| Option 1 | |
| Option 2 | |
| Option 3 | |
| Option 4 | |
| Option 5 | |



What’s the most likely thing to happen do you think? What could you do then?

For example:

| | |
|------------------------------------|--|
| <i>If you choose Option 1.</i> | <i>She'll probably laugh, do the loser sign and walk off. I can be ready for this and just ignore it</i> |
|------------------------------------|--|

| | |
|----------|--|
| Option 1 | |
| Option 2 | |
| Option 3 | |
| Option 4 | |
| Option 5 | |



How ready are you to do this on a scale of 1-10?
1 = I'm not ready at all. 10 = I'm so ready I'm going to do this

| | |
|---------------------------|--|
| If you choose Option 1 | |
| Option 2 | |
| Option 3 | |
| Option 4 | |
| Option 5 | |

4. WHAT NOW?

Now it's time to decide what, if anything, you want to do based on your options and ideas.

To help you make a decision answer these questions:

Why do you want to do something about this problem, issue or challenge?

Which of your options makes most sense to you and why?

How will you feel when you've done it?

What's your next step going to be?



5. SO WHAT!

Well done! You've completed your WHATSWOT.

To celebrate, write as many "so what" statements relating to your problem as you can think of.

For example:

So what if they don't like it

So what if they don't like me

So what if I come last

SO WHAT.

Now write as many positive statements about yourself and your ability to rise to this challenge.

For example:

I'm bold and brave

I'm an awesome friend

I can do anything I set my mind too