MindTools
Essential skills for an excellent career

Worksheet

Personal SWOT Analysis Worksheet

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

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?
Good Troubleshooter Quick Learner Good on a team or autonomously	Social Anxiety
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?
Troubleshooting background in multiple fields helps give me unique insight on problems and the ability to think outside the box for solutions	Age

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