



Personal SWOT Analysis Worksheet

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

<p>Strengths</p> <p>What do you do well? What unique resources can you draw on? What do others see as your strengths?</p>	<p>Weaknesses</p> <p>What could you improve? Where do you have fewer resources than others? What are others likely to see as weaknesses?</p>
<p>Work well under pressure</p> <p>Great work ethic</p> <p>Great team player</p> <p>Sympathetic</p> <p>Very competitive</p>	<p>I could improve on taking more breaks</p> <p>Could ask for help more often</p> <p>Subpar organization skills</p>
<p>Opportunities</p> <p>What opportunities are open to you? What trends could you take advantage of? How can you turn your strengths into opportunities?</p>	<p>Threats</p> <p>What threats could harm you? What is your competition doing? What threats do your weaknesses expose you to?</p>
<p>Research more topics and tips for quality of life</p> <p>Could take advantage of picking other peoples brains about topics they are good and bad at and learn from them.</p> <p>Use Career Services to the best of my abilities and be able to give back to the future communities for what help I was given now</p> <p>I could use my work ethic to form better habits and get the most of my studying</p>	<p>Not studying enough in my free time</p> <p>Could be gaining more knowledge and expertise if I allot more time into my studying</p> <p>Addictive personality which can be very helpful or harmful in the right circumstance</p> <p>I'm a hands on learner and need to expand my learning capabilities to be able to take advantage of learning from other sources rather than just in person</p>