

Assignment #2: DISC Team Building/SWOT Analysis

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Day.....13..... MonthDecember..... Year1.....

- Based on the “Personality Test DISC,” your personality type isType.....S - Steadiness..
- List your strengths and weaknesses when working as a team

DISC Personality	Strength	Weakness
S	<ul style="list-style-type: none"> - Supportive - Reliable - stable - Good at multi-tasking and meeting deadlines - composed - Eager to help - Responsible - Patient 	<ul style="list-style-type: none"> - Reacts badly when taken out of comfort zone - Passive (avoids confrontation which can lead to frustration) - Indecisive and unconfident

Use the “DISC Personality” to observe yourself; which behaviour you always express? However, do not use such personality to judge whether a person has or does not have any traits. Just use the information to choose ‘desirable’ quality of any personality without framing yourself only to a specific personality!

3. SWOT Analysis

Strengths: your strengths or strong points; which capability do you possess? These are things that you should always practice and improve upon.

Weaknesses: your weaknesses or weak points, things that you do not like, are not good at or cannot do well. These are things that you should alleviate or improve upon.

Opportunities: external factors that facilitate the achievement of your goal; opportunities also facilitate self improvement.

Threats: external factors that adversely affect your goal; threats may prevent you from reaching the goal.



Self-Analysis Table Using SWOT

	Pros (Positive)	Cons (Negative)
Internal Factor	Strength <ul style="list-style-type: none"> - Organized - Optimistic - Patient - Good listener and eager to help 	Weakness <ul style="list-style-type: none"> - Low leadership skills - Passive and avoids confrontation - Indecisive and unconfident - Lazy
External Factor	Opportunity <ul style="list-style-type: none"> - Helpful friends - Supportive family - Well-known university 	Threat <ul style="list-style-type: none"> - Distracted by watching shows, movies, etc. - uses social media too much

4. To allow you to sincerely accept your weaknesses and to embrace your strengths, which would lead to the ability to fix your weaknesses and improve your strengths, please identify your weakness or strength that you want to improve upon.

My Selected Strength or Weakness is:

.....The strengths I want to improve is being more organized. The weaknesses.....
I want to improve are being less lazy and being more decisive and confident....

5. "Charming Progression" topic for self-improvement

My "Charming Progression" Topic is:

.....Walking 10,000 steps 3 to 4 days a week.....
