

**Personal SWOT Analysis Worksheet**

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

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| **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? |
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| **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? |
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