

**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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