

SWOT analysis

Strengths-things I'm good at	Weaknesses-things to work on
Personal qualities, skills, talents <ul style="list-style-type: none"> • My biggest strength is... • An example is... • The project I'm proudest of is... • I really get motivated when... • What I really appreciate is... • I am most interested in... • The skills that have helped me most are... 	To develop <ul style="list-style-type: none"> • My biggest failure/disappointment has been... • The thing I would most like to change about myself/ my life is... • I would really like to learn more about...
1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
Opportunities-things that could help	Threats-things that might stop me
Top Goals or Ideas <ul style="list-style-type: none"> • What is most important to me is... • What I want to do next is... • One task/idea/project I'd most like to try is... • The thing I most enjoy doing is... • I really gain energy when I... 	Top Obstacles or Problems <ul style="list-style-type: none"> • The problems that are keeping me from doing what I want are... • I am really stumped by... • Some ideas for solutions are... • The least favorite thing I have to do is...
1. 2. 3. 4. 5.	1. 2. 3. 4. 5.