

PERSONAL SWOT ANALYSIS

Variables	Positive	Negative
Internal	<p>Strengths</p> <ul style="list-style-type: none">• What do you do well?• What do you have that others dont?• What do others see as your strengths?• What values are unique to you?• What do you like about your appearance?• What Challenges have I overcome?	<p>Weakness</p> <ul style="list-style-type: none">• What are those tasks you avoid frequently?• What are some areas you could you improve?• What holds you back?• What are others likely to see as weaknesses?
External	<p>Opportunities'</p> <ul style="list-style-type: none">• What opportunities are open to you?• What trends could you take advantage of?• How can you turn your strengths into opportunities?	<p>Threats</p> <ul style="list-style-type: none">• What are the roadblocks in your life?• What is your competition doing?• Are you part of an unhealthy competitive space?

- Is there something others aren't doing that you do now?

- Is technology a weakness in your chosen path?
- What threats do your weaknesses expose you to?