

PERSONAL SWOT ANALYSIS WORKSHEET

For more info on how to use this worksheet check my article about personal SWOT analysis, [here](#).

1. STRENGTHS

WHAT ARE YOUR STRENGTHS?

HOW YOU CAN IMPROVE YOUR STRENGTHS?

IDEAS TO USE YOUR STRENGTHS:

2. WEAKNESSES

WHAT ARE YOUR WEAKNESSES?

TYPE OF WEAKNESSES:

IDEAS TO LOWER/IMPROVE YOUR WEAK SPOTS:

3. OPPORTUNITIES

WHAT ELEMENTS AROUND YOU CAN HELP YOU?

HOW CAN YOU TAKE ADVANTAGE OF THESE OPPORTUNITIES?

4. THREATS

POTENTIAL THREATS SURROUNDING YOU?

HOW TO OVERCOME THESE THREATS?