

Personal SWOT Analysis

Populate this diagram with your current strengths, weaknesses, opportunities and threats to clarify your situation and provide a self-esteem benchmark for the following year.

Strengths

What comes easily/naturally to you?
What are your inherent talents?
What do you do better than most people?
What personal resources can you access?
What do other people see as your strengths?
Which of your achievements are you proud of?
What values do you most believe in and uphold?
Which areas of knowledge/experience can be taken forward?
What transferable skills/expertise can you identify?

Weaknesses

In what areas do you lack confidence?
Do you have any negative or unproductive habits?
Which parts of yourself would you like to change/improve?
What do people around you see as your weaknesses?
What about your current situation holds you back?
Where do you lack knowledge/information/experience?
What could you do to improve these areas?

Opportunities

Which resources can you use to help you?
What new approaches or ideas can you act upon?
What are your next steps?
What actions have you been putting off?
What can you do today to take control of your situation?
What tools / techniques can use for self-care?
Who can you reach out to for advice / information?
What research / preparation do you need to do?
Are you ready for change if an opportunity arises?

Threats / Challenges

What part of your current situation is difficult?
What needs to improve / change overall?
Which aspects of yourself have to change?
What are you afraid of?
What's the worst possible outcome to the thing you are most scared of?
What's your Plan B??
How are you preparing for things not going to plan?
How are you being pro-active in the face of any current challenges?