

SWOT Analysis

Date:

Life Aspect:

<ul style="list-style-type: none"> • What are your abilities, skills talents in this area? • Do you have any specialist knowledge? • What resources do you have? Who can you ask for help? • What is already working well in this area? • What personal traits are strengths in this area? • Do your intelligence preferences indicate a strength in this area? 	<p>Strengths:</p>	<p>Weaknesses:</p>	<ul style="list-style-type: none"> • What are your main limitations in this area? • What skills/ abilities are needed that you don't have? • Are there any resources (money, time, help) that you need? • What is not working in this area right now? • What personal traits are weaknesses in this area? • Do your intelligence preferences indicate a weakness in this area? • Does your motivational need level according to Maslow indicate a deficiency?
<ul style="list-style-type: none"> • What opportunities have you been pursuing? • Do your personality traits indicate any new opportunities? • What could you improve in this result area? • How can you take advantage of your strengths? • Do you have any weaknesses that may impede these goals? • What major change do you need? • Are there any special tools you can develop? 	<p>Opportunities:</p>	<p>Threats:</p>	<ul style="list-style-type: none"> • What external threats (changes to income, events, etc) could affect you negatively? How? • Are you facing any risks in this area if you continue along your current path? • What obstacles or roadblocks are in your way? • Do your personality traits indicate hidden threats? • Do any of your weaknesses increase the level of these threats or the impact? • What strengths do you have that could help you reduce the identified threats?

STRENGTHS – WEAKNESSES – OPPORTUNITIES – THREATS