

SWOT: Strengths, Weaknesses, Opportunities and Threats

Worksheet



Each one of us has things we are good at, and things we could improve. And each of us has opportunities open to us, and threats that could get in the way.

Work out what these are and you will discover a lot about yourself.

My Strengths	My Weaknesses
What do I like or do best? What are my good points? What makes me stand out from others?	What do I avoid doing? What could I improve? What might people say I'm not so good at?
Opportunities around me	Threats around me
What would make best use of my strengths or good points? What openings could I make the best of? Who can help me?	What competition do I face, and why? What is getting in my way? Who might stop me succeeding?