







SWOT ASSESSMENT

MY SWOT AT-A-GLANCE

Internal factors		External factors	
S TRENGTHS	 1. 2. 3. 4.	W EAKNESSES	 1. 2. 3. 4.
O PPORTUNITIES	 1. 2. 3. 4. Positive	T HREATS	 1. 2. 3. 4. Negative



WHO ARE YOU REALLY?

INSIGHTS

Success or failure results from both internal factors (things we do or don't do) and external factors (the outside opportunities available to us, barriers). These are commonly known as strengths, weaknesses, opportunities, and threats, or SWOT. Understanding your SWOT is the first step in achieving what you want in life.

This exercise will help you recognize your own SWOT to gain insight into yourself and your strengths as an individual. You will analyze your life situation so you can be clear about your position and your resources, and you can focus on what you want in the future.

At the end of the exercise you will create a personal SWOT at-a-Glance chart that you can review as a reminder of what can help or hurt you on your way toward success.



WHO ARE YOU REALLY?

I. CLARIFYING YOUR STRENGTHS

Strengths are internal positive qualities, characteristics, and talents you possess. (For example, you might have a great sense of humor, a drive to make things happen, or a talent for drawing.) Start by reviewing your greatest successes and victories. These reveal your special talents. By identifying the qualities and virtues you most admire in yourself and others, you will recognize the positive characteristics you already possess that you can build on in the future.

What positive words would people who know you well use to describe you?

What do people admire most about you?

Review your answers. Write the four most important strengths that you can depend on and build on in the future.

1.

2.

3.

4.





WHO ARE YOU REALLY?

2. ACKNOWLEDGING WEAKNESSES

We are often our own worst enemies, standing in our own way from achieving what we want. Think about attitudes or behaviors that may create barriers or limits in the next chapter of your life. These are tendencies to avoid including procrastinating that causes you to miss good opportunities or a negative attitude that leads to giving up on difficult tasks. These tendencies can get in the way of success.

Reflect on times when things didn't go as you had hoped. What is the most common weakness in your behavior or attitude that seems related to those failures?

What are the negative or destructive behaviors that will cause you and others to experience pain and sadness in the future if left unchecked?

What would you like to change about yourself in the next chapter of your life?





WHO ARE YOU REALLY?

3. IDENTIFYING OPPORTUNITIES

In this section you will identify the opportunities in the next chapter of your life.

What new chances or opportunities seem to be opening up for you right now? These may include new friendships, new programs, or births.

When you think about the next chapter of your life, what new possibilities most excite you?

If you had no fear, what would you do in the next chapter of your life?

Review your answers. Write four behaviors or attitudes that may hold you back in the next chapter of your life.

1. _____

2. _____

3. _____

4. _____

Review your answers. Write the four biggest things you could accomplish in the next chapter of your life.

1. _____

2. _____

3. _____

4. _____

