

PERSONAL SWOT ASSESSMENT

Supportive Environment & Self Awareness



Strengths

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Weaknesses

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Opportunities

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Threats

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Using Your SWOT Assessment

After you finish with your overall assessment, hang it up where you can see it. It will do nothing for you sitting in your computer files. Choose just one item from Strengths, Weaknesses, Opportunities, or Threats that will make the most impact in your personal growth. Then add a reminder on your calendar to work with that one item each week. Review your progress, and move to something new to work when you feel confident with it.