

# SWOT yourself

Everybody has strengths and weaknesses.

Identify your own strengths and weaknesses. How can you use them to your advantage?

strengths

Name 3 of your personal strengths:

e.g. I never give up.

1.

Teach

2.

3.

weaknesses

Name 3 of your personal weaknesses:

e.g. I tend to give up quickly

1.

This...

2.

3.

opportunities

Identify at least 3 places that your strengths would be valued:

e.g. Someone who never gives up would be a valued inventor or problem solver.

1.

2.

3.

threats

Identify some areas that your weaknesses would not be suited to:

e.g. As I often give up quickly I am not suited to endurance events.

1.

2.

3.