



Personal SWOT Analysis Worksheet

- For instructions on using Personal SWOT Analysis, visit www.mindtools.com/personalswot.

Strengths What do you do well? What unique resources can you draw on? What do others see as your strengths?	Weaknesses What could you improve? Where do you have fewer resources than others? What are others likely to see as weaknesses?
1. Hardworking / Determine 2. Team Player 3. Creative 4. I'm very good at finding a plan b in difficult situations and seeing the postive even when things go wrong .	1. I sometimes lack confidence in my work 2. Over think alot of things 3. Being to hards on myself makes me think I need to rush certain things instaed of letting things flow.
Opportunities What opportunities are open to you? What trends could you take advantage of? How can you turn your strengths into opportunities?	Threats What threats could harm you? What is your competition doing? What threats do your weaknesses expose you to?
1. Networking in the fashion industry through social media and events 2. Earning my business degree will allow doors to open that I may never have seen my life heading towards 3. Taking my creative ideas and turing them into reality .	1. Myself (over thinking) 2. Letting negative energy in my space 3. Procrastination