

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?
Good Listener - I can listend patiently; Solve problems - I can understand people´s needs; Empathic - I can relate to other peoples problems Resilent - work under pressure and differentenviroments. Detailed oriented; Caring - I like to care of people; make them happy. Hard worker	Overthinker - I spend a lot time think and judging. Emotional controller - I am always wishing everyone is happy all the time.
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?
Leadership - I can see the best in people Team builder - I can bring different people together.	Lack of Confidence - Express myself Emotional - it can be used against me.