

# SWOT Analysis

Date: .....

Life Aspect: .....

<ul style="list-style-type: none"> <li>• What are your abilities, skills talents in this area?</li> <li>• Do you have any specialist knowledge?</li> <li>• What resources do you have? Who can you ask for help?</li> <li>• What is already working well in this area?</li> <li>• What personal traits are strengths in this area?</li> <li>• Do your intelligence preferences indicate a strength in this area?</li> </ul>	<p><b>S</b>trengths:</p>	<p><b>W</b>eaknesses:</p>	<ul style="list-style-type: none"> <li>• What are your main limitations in this area?</li> <li>• What skills/ abilities are needed that you don't have?</li> <li>• Are there any resources (money, time, help) that you need?</li> <li>• What is not working in this area right now?</li> <li>• What personal traits are weaknesses in this area?</li> <li>• Do your intelligence preferences indicate a weakness in this area?</li> <li>• Does your motivational need level according to Maslow indicate a deficiency?</li> </ul>
<ul style="list-style-type: none"> <li>• What opportunities have you been pursuing?</li> <li>• Do your personality traits indicate any new opportunities?</li> <li>• What could you improve in this result area?</li> <li>• How can you take advantage of your strengths?</li> <li>• Do you have any weaknesses that may impede these goals?</li> <li>• What major change do you need?</li> <li>• Are there any special tools you can develop?</li> </ul>	<p><b>O</b>pportunities:</p>	<p><b>T</b>hreats:</p>	<ul style="list-style-type: none"> <li>• What external threats (changes to income, events, etc) could affect you negatively? How?</li> <li>• Are you facing any risks in this area if you continue along your current path?</li> <li>• What obstacles or roadblocks are in your way?</li> <li>• Do your personality traits indicate hidden threats?</li> <li>• Do any of your weaknesses increase the level of these threats or the impact?</li> <li>• What strengths do you have that could help you reduce the identified threats?</li> </ul>

**STRENGTHS – WEAKNESSES – OPPORTUNITIES – THREATS**