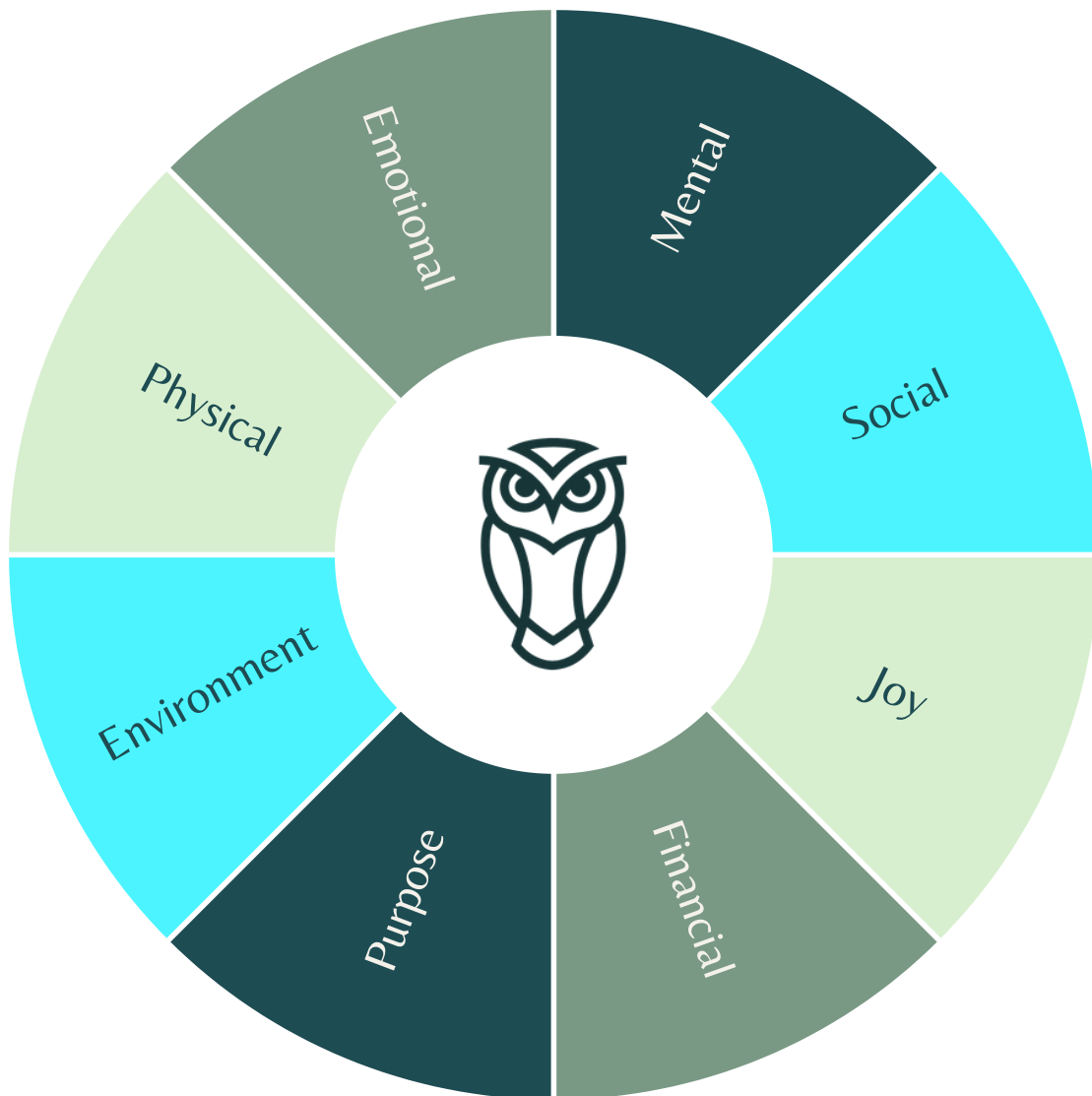


# CAREER

## Personal SWOT



# PERSONAL SWOT

The key to living a life by design is to be able to put yourself into the future and visualize, with some clarity, what you want your life to look like.

By looking at your personal Strengths, Weaknesses, Opportunities, and Threats, you are able to assess where you are today and what needs to be done in order to get where you want to go.

## STRENGTHS

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What skills, abilities, knowledge, or connections do I have that others don't?

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What do other people view as my strengths?

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# STRENGTHS

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How much experience do I have in my profession?

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What values do I live by that most people find too demanding?

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Which professional /academic achievements am I proudest of?

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# WEAKNESSES

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What do other people say my weaknesses are?

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What are my worst work habits?

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Which activities do I avoid doing, and why do I dislike doing them?

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When do I struggle with anxiety, imposter syndrome, or procrastination?

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# WEAKNESSES

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What gaps are there in my education, skills, or training?

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What types of risks do I avoid taking and why?

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What are areas that I have avoided getting feedback on?

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# OPPORTUNITIES

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What is happening within my industry that I can take advantage of?

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Who are the people in my network that can mentor me?

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What technologies can I learn that will help me do my job better?

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What is a common problem I can offer a solution for?

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# OPPORTUNITIES

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What new initiatives has my company started that I can participate in?

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What is my competition not doing that I could do?

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What type of need is there for the work that I do?

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# THREATS

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In what way am I competing with others for positions or projects?

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What obstacles am I encountering at work or with interviewing?

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How are outside forces threatening my role or skill set?

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How is my industry being impacted by the current economy?

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# APPLICATION

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How will I use this information to position myself more effectively?

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