



# Personal SWOT Worksheet

Date: \_\_\_\_\_

		POSITIVE	NEGATIVE
		<b>Strengths</b>	<b>Weaknesses</b>
INTERNAL		_____	_____
		_____	_____
		_____	_____
		_____	_____
		_____	_____
		How can I best maximize my strengths?	How can I minimize my weaknesses?
		_____	_____
		_____	_____
		_____	_____
		_____	_____
EXTERNAL			
		_____	_____
		_____	_____
		_____	_____
		_____	_____
		_____	_____
		How do I leverage our opportunities?	How do I protect against threats?
		_____	_____
		_____	_____
		_____	_____