

## WHERE AM I AT

Complete your own SWOT analysis. Consider the following kinds of things to help you with each section. Feel free to add your own thoughts for each section!

Fill out the rectangles with your thoughts. Below are some questions you can ask yourself to help you complete your Strengths, Weaknesses, Opportunities and Threats.

### Strengths

- What do you do well?
- What have other people said about things you are good at?
- What qualities do you have as a person that you are proud of?
- What other things do you see as your strong points?

### Weaknesses

- What do you feel you could improve?
- Is there anything you feel 'let's you down'?
- What do you believe you need to avoid?
- What do you think others perceive as your weaknesses?
- Is there anything that you feel you need to change or eliminate from your life?

### Opportunities

- What are some things you are looking forward to?
- What are you hoping to work towards achieving?
- Is there anything happening in your life at the moment that you?
- Feel will help you in your endeavours?

### Threats

- Is there anything that you feel is too much for you to handle?
- What is causing problems for you right now?
- Has any circumstance caused you to feel negative about yourself?
- Have any words spoken over you caused you to feel negative about yourself?
- Have any words spoken over you caused you to feel negative about yourself?

<b>STRENGTHS</b>	<b>WEAKNESSES</b>
<b>OPPORTUNITIES</b>	<b>THREATS</b>