



Personal S.W.O.T. Analysis Worksheet

After completing your personal S.W.O.T. analysis, define your goal for change. What would you like to change most about yourself that would immediately elevate your game?

<p>Strengths What are you great at? What makes you unique or stand-out? What would others say are your strengths?</p>	<p>Weaknesses What are the areas you need to improve? What are you missing that will help you grow? What would others likely say are your weaknesses?</p>
<p>Opportunities for Change What opportunities are open to you? What trends could you take advantage of? What needs to change for you to get to the next level?</p>	<p>Triggers What are the things that really set you off? What specific actions push you in the wrong direction? What causes you to make poor decisions?</p>