

## MY PERSONAL SWOT ANALYSIS

Make yourself a cup of something you love, sit down and create a little space for 20 minutes or so to write the first answer that comes to mind when responding to the prompts. Remember, this is a living document that you can come back and revise at any time.

MY  
MIDLIFE  
**MOJO**

<b>STRENGTHS</b>  What do you do well?  When you are performing at your best, what do you notice about yourself?  Write down 3 strengths you have  What strengths would someone you love say you have?  How would a friend describe you?  Name one strength that you've used today  Add one more strength to your list	<b>WEAKER AREAS</b>  Where do you see your areas for development?  What area do you know you could use some additional knowledge?  What are you secretly aware of that you would like to improve about yourself?  What causes you the most concern about yourself?  What else would you like to enhance about yourself?  If you could select one area for personal development, what would that be?
<b>OPPORTUNITIES</b>  What opportunities do you foresee?  What opportunities do you currently have?  How are you viewing these opportunities?  What opportunities would you like to create for yourself?  What is the most obvious opportunity that you could take advantage of?  What would a wise guide tell you is an opportunity for you?  What else is an opportunity for you?	<b>THREATS</b>  What threats do you see?  What could cause you to become out of balance?  What external factors cause you concern?  What is the obvious threat for you?  What has created a threat for you in the past, how likely is this now?  What threats present themselves from your list of weaknesses?