

SWOT Analysis

is an acronym for strengths, weaknesses, opportunities, and threats—and is a structured planning method that evaluates those four elements of a GOAL. A SWOT analysis involves specifying the objective of the GOAL, and identifying the internal and external factors that are favourable and unfavourable to achieve that objective.

Use this SWOT analysis to think about all the things that might affect you and stop you from achieving your goals.

What resources do you have that are useful?

What are your strengths?

What are you confident in doing?

What are the obstacles to your success?

STRENGTH

What do you lack?

What causes you to have a negative attitude?

THREATS



WEAKNESS

What are your weaknesses?

Which friends hinder your progress?

OPPORTUNITIES

What can be improved?

What support can you get from your family?

What work experience can you get?

What support can you get from friends?