# PERSONAL SWOT ANALYSIS

Talk about your strengths, weaknesses, opportunities and threats (SWOT analysis) for personal use.

<table>
<thead>
<tr>
<th>STRENGTHS (+)</th>
<th>WEAKNESSES (-)</th>
<th>OPPORTUNITIES (+)</th>
<th>THREATS (-)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talk about what you're good at, your unique assets and resources, and how your positive attributes are perceived by others.</td>
<td>Talk about improvements you need to make, any resources you lack, and how those negative attributes might be perceived by others.</td>
<td>List doors that are currently open to you, opportunities you can capitalize on, and how your strengths can create new connections.</td>
<td>List any harmful hazards, competitors, and how known weaknesses can open the door to threats.</td>
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