

Personal SWOT analysis

The goal I want to achieve is _____.

STRENGTHS

WEAKNESSES

OPPORTUNITIES

THREATS

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Personal SWOT analysis

Instructions

1. Write down what is your goal (e.g. a healthy & loving relationship).
2. Fill in each quadrant with your personal strengths, weaknesses, opportunities, and threats in relation to the type of romantic relationship you want.
 - a) Strengths are internal areas that you are functioning at an optimal level (e.g. open minded).
 - b) Weaknesses are internal areas where you aren't at your optimal level (e.g. short temper).
 - c) Opportunities are external possibilities/situations you can take advantage of to help you achieve your goals (e.g. I speak Cantonese and English thereby making the pool of potential matches bigger).
 - d) Threats are external issues that may prevent you from achieving your goals (e.g. My job requires traveling 20 days out of the month).
3. Talk to friends or family members to get their insight on the exercise.
4. Choose what are your priorities for action. Focus more on the strengths and opportunities.

This worksheet has been inspired by www.skillsyouneed.com.