



My Personal S.W.O.T. Analysis

Strengths:

What are some things I know I'm really great at?

(I'm going to curl up on my throne and be really honest about myself)

Weaknesses:

What are a few things that I know I could do better?

(I'm going to be as kind to myself as I would be to my best friend!)

Opportunities:

What are some places I'd love to go, some things I'd love to do?

(I'm going to take a deep breath, exhale and open up my mind)

Threats:

What are some things that scare me, feel out of my control or bigger than I am?

(I'll look the enemy in the eye and feel stronger for it!)