Personal SWOT analysis

Select

Define your top3

Focus

- 1. Focus on your strengths: Use them
- Fix your weaknesses: They slow you
- 3. Grab opportunities: Your future
- 4. Watch for threats: Stay vigilant

- Adaptability
- Communication
- Creativity
- Dedication
- Emotional intelligence
- Leadership
- Networking
- Organization

- Problem-Solving
- Resilience
- Self-motivation
- Team Player
- Technical Skills
- Time Management
- Work Ethic
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Strenghts

Recognize and utilize your unique skills and abilities. Leverage them to achieve greater success and stand out in your field.

Weaknesses

Acknowledge where you have room for improvement and take proactive steps to enhance them.

- Procrastination
- Impatience
- Overcommitment
- Public speaking
- Punctuality
- Risk aversion
- Specialization
- Stress management

- Technical Knowledge
- Time Management
- · Uncertainty w/change
- · Work-Life Balance
- Negotiation
- Conflict resolution
- Delegation

- Additional Training
- Career Advancement
- Collaboration
- Industry Conferences
- Leadership Roles
- Mentorship
- Networking Events
- New Projects

- Online Learning
- Prof. Certifications
- Side Projects
- Skill Development
- Volunteer Work
- Workshops
- Cross-Training
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Opportunities

Identify and seize these chances, propelling you towards your goals and aspirations.

hreats

Stay ahead of the curve: by anticipating and preparing you can navigate through them more effectively.

- Burnout
- Changing Industry Trends
- Economic Downturn
- Job Security
- Market Competition
- Organizational Changes
- Overwork
- Redundancy

- Skill Obsolescence
- Technological Advances
- Work-Life Balance
- Networking Challenges
- Limited Career Pathways
- Regulatory Changes
- Global Competition
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Set realistic goals by when

