

Activity 2: SWOT Analysis

Instructions: Read the following information to better understand how SWOT analysis works. You may also have an open discussion with you classmates. Afterwards, complete the diagram and analyze your own strengths, weaknesses, opportunities, and threats.

The SWOT Analysis assesses not only your situation in isolation but your situation as a whole. This means that your strengths, weaknesses, opportunities, and threats are not limited to your personality, but also to the people and resources you have in your life.

Include qualities, abilities, skills, talents, knowledge, connections, resources, and many other that you have useful in your life as your **strengths**. Those you think you need improvement on or you think you still need to learn or acquire to be of use to your life, list on your **weaknesses**.

Opportunities are linked to your strengths. These are opportunities that you have at the moment that give you an advantage and positively affects your development. **Threats**, on the other hand, are linked to your weaknesses and are opportunities you lack.

Before you proceed with completing your diagram, reflect on the current issues, problems, plans, and events that you are involved in right now. Remember, you are not only analyzing your personality, but also to the people and resources you have in your life. Enjoy! 😊

SWOT Analysis Table

My Strengths	My Weaknesses
My Opportunities	My Threats

Reference

Association of Business Practitioners. (2010). Self awareness and personal development [PDF]. Retrieved from <http://www.bbpsd.co.uk/wp-content/uploads/2010/11/Self-Awareness.pdf>