

Internal

External

<p style="text-align: center;"><u>Strengths</u></p> <ul style="list-style-type: none"> • What are some things you do well?-Think about the talents you already know you have and ask family and friends what they think you are good at. You might be surprised. • What resources do you use to improve the things you do well? • What do you like to do for fun?- How do these things bring out your strengths? • What accomplishment has made you most proud? What you are proud of can reveal what it most important to you? 	<p style="text-align: center;"><u>Opportunities</u></p> <ul style="list-style-type: none"> • What challenges you?- Things that challenge you can be identified as opportunities to move toward and improve goals. • Who do you look up to?- This can reveal more about the person you are and what you value. What qualities do you like about the people you look up to? Are they qualities worth reaching for? • How can you turn your strengths, weaknesses and threats into opportunities? • What external changes could present new opportunities?
<p style="text-align: center;"><u>Weaknesses</u></p> <ul style="list-style-type: none"> • What do you define as your weak areas? • What do others identify as your weak areas? • What resources do others have that you don't? • Are your idea's changeable and adaptable, or are you set in your ways? 	<p style="text-align: center;"><u>Threats</u></p> <ul style="list-style-type: none"> • What threats could harm you and how • Which of your weaknesses are threats to you