

**Your Personal SWOT Analysis**

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| Strengths | Weaknesses |
| Opportunities | Threats |

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**SWOT Analysis**

**Strengths**

* Your skills and capabilities
* What comes naturally to you and you are good at
* What you do better than anyone else

**Weaknesses**

* The absence of a strength
* Something you would like to improve
* The flip side of a strength

**Opportunities**

* Ways for you to use your strengths
* Situations or events for you to leverage your strengths
* Any *opportunities* that are open to you given your strengths

**Threats**

* Obstacles that may stand in the way of you being successful
* Changes you are experiencing that could get in the way
* How any of your weaknesses *threaten* your ability to be successful