

# SWOT ANALYSIS

This framework can help you reflect on your **strengths, weaknesses, opportunities** and **threats**. It's something that is often used by organisations but can be applied to us too. Draw the below grid:

**S**

What do you think your strengths are? What can you do to maximise these?

**W**

What do you think your weaknesses are? How could you work on these?

**O**

What opportunities are on the horizon? What can you do to make these a reality?

**T**

What barriers do you face? What can you do to mitigate against these?