

## How well do you really know yourself?

Here's a quick self-assessment exercise to get you thinking.

Answer the following questions honestly and don't reflect for too long. Trust your own instincts here. For each of the four sections below, write down your answers to the **final** question in the corresponding area on the SWOT grid.

| <b>Strengths (S)</b>   | <b>Weaknesses (W)</b>  |
|--|--|
| <p>What are your strengths? This is not the time for false modesty!</p> <p>Your strengths will be what comes naturally and instinctively to you, e.g. being sincere, organised, helpful, influential.</p> <p>What three strengths would your best friends say you possess?</p> <p><b>Consider both lists and select your top five strengths.</b></p> | <p>What do you know deep down you could improve, e.g. I'm very stubborn, domineering, imprecise etc.?</p> <p>Don't consider for too long and be very honest with yourself!</p> <p>What would the people who know you best say you could change about yourself?</p> <p><b>Consider both lists and select your five main weaknesses.</b></p> |
| <b>Opportunities (O)</b>   | <b>Threats (T)</b>   |
| <p>What opportunities can you currently identify? These could be in any aspect of your home life or work life.</p> <p>What opportunities would you like to have on offer to you in the future?</p> <p><b>Write down the most important opportunities in your current life and your wish list for the future.</b></p>                                 | <p>What threats or risks exist in your current life?</p> <p>What has been a problem or a threat for you in the past and how likely is it to reoccur in the future?</p> <p><b>Write down the main areas of risk or threat that you have identified.</b></p>   |

## SWOT grid

