**[](https://www.smartsheet.com/try-it?trp=11542&utm_source=integrated-content&utm_campaign=/content/swot-templates-microsoft-word&utm_medium=Personal+SWOT+Analysis+doc+11542&lpa=Personal+SWOT+Analysis+doc+11542)PERSONAL SWOT ANALYSIS TEMPLATE**

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| --- | --- |
| INTERNAL FACTORS | |
| STRENGTHS + | WEAKNESSES – |
| Talk about what you're good at, your unique assets and resources, and how your positive attributes are perceived by others. | Talk about improvements you need to make, any resources you lack, and how these negative attributes might be perceived by others. |
|  |  |
| EXTERNAL FACTORS | |
| OPPORTUNITIES + | THREATS – |
| List doors that are currently open to you, opportunities you can capitalize on, and how your strengths can create new connections. | List any harmful hazards, competitors, and how known weaknesses can open the door to threats. |
|  |  |

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