

## SWOT Analysis Worksheet

Alyssa decided to use a SWOT analysis to come up with a goal of her own. Her SWOT analysis looked like this:

<p>Strengths</p> <p>I'm funny. I'm a good basketball player. I'm good with kids.</p>	<p>Weaknesses</p> <p>I'm not very outgoing. I don't practice basketball enough. I'm not good at teaching others to play basketball.</p>
<p>Opportunities</p> <p>The school is looking for coaches for basketball camp. My best friend is very outgoing. I babysit every Saturday afternoon.</p>	<p>Threats</p> <p>Babysitting keeps me from practicing basketball. My best friend talks all the time and interrupts conversations.</p>

Alyssa then chose three items from the weaknesses, opportunities and threats boxes and wrote them out as goals:

- I will coach basketball camp.
- I will teach someone to play basketball.
- I will become more outgoing and have my best friend give me tips.

From those three, Alyssa finds one that will make her the happiest, add the most value to her life and be the easiest to achieve. She also realizes it will also help her with her other two goals.

Alyssa decides her goal is going to become a coach at basketball camp. Now fill in your own SWOT analysis using the information in the passage and Alyssa's sample to help you.

<p>Strengths</p>	<p>Weaknesses</p>
<p>Opportunities</p>	<p>Threats</p>

Choose three to four items from the weaknesses, opportunities and threats boxes and write them as goals:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Answer the following questions:

Which goal will make me the happiest if I achieve it?

\_\_\_\_\_

Which goal(s) will add the most value to my life?

\_\_\_\_\_

Which goal(s) will be the easiest to achieve?

\_\_\_\_\_

Which goal(s) can wait a bit?

\_\_\_\_\_

MY GOAL IS... \_\_\_\_\_