

# SWOT Questionnaire



## Instructions:

Please take some time to answer the following questions honestly. Your responses will help you gain insights into your strengths, weaknesses, opportunities, and threats, paving the way for personal and professional development.

## Strengths:

- What are your key skills or talents that set you apart?
- What accomplishments or achievements are you most proud of?
- What positive feedback or compliments do you frequently receive from others?

## Weaknesses:

- What areas do you feel you could improve upon or develop further?
- Are there any habits or behaviors that might be holding you back?
- What constructive feedback have you received that you can use for self-improvement?

## Opportunities:

- What new opportunities or projects excite you?
- Are there trends or changes in your industry that you can leverage?
- How can you further capitalize on your strengths to create new opportunities?

## Threats:

- What external factors or challenges might pose a threat to your goals?
- Are there any skills or knowledge gaps that could hinder your progress?
- How can you proactively address or mitigate potential threats?

## Reflection:

Review your responses and identify key themes. Use these insights to inform your personal and professional development goals moving forward.