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## Personal SWOT Analysis

Client Name:

Please use the questions on the following page as a guide to detailing your personal strengths, attributes, opportunities and challenges. Please return to [beth@wheelcoaching.com](mailto:beth@wheelcoaching.com)

Strengths, Skills, Achievements, Attributes & Qualities	Areas to Improve
Opportunities, Potential, Future Growth	Challenges & Obstacles



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## Personal SWOT Analysis

<p>Strengths, Skills, Achievements, Attributes &amp; Qualities</p> <p>Write down 3 strengths that you have. What are your personal strengths? What do you do well? What do you enjoy doing the most? When you are performing at your best, what do you notice about yourself? What are you passionate about? What additional strength can you add to your list? What sparks joy for you? What strength would your Mum say you have? How would your best friend describe you? What are your key skills? What achievements can you list? What internal attributes and qualities should be added to your list?</p>	<p>Areas to Improve</p> <p>Where do you see your areas for development? What qualities do you want to be and show more of? What area do you know you could use some additional knowledge? What are you secretly aware of that you would like to advance about yourself? What causes you most concern about yourself? What else would you like to enhance about yourself? If you could select one area for personal development, what would that be? If you could show the world who you truly want to be, what would it see? Where in your life do these qualities already show up?</p>
<p>Opportunities, Potential &amp; Future Growth</p> <p>What opportunities do you foresee? Where is there potential for growth? What opportunities do you currently face? What future growth do you want? Who do you want to be? How do you want to feel? What do you want to be more of? How are you viewing these opportunities? What opportunities would you like to create for yourself? What is the most obvious opportunity that you could take advantage of? What would your mentor tell you is your potential? What else is an opportunity for you?</p>	<p>Challenges &amp; Obstacles</p> <p>What threats do you see? What challenges you the most? What are your current obstacles? What is likely to cause you personal imbalance? What external factors cause you concern? What is the obvious threat for you? What has created a threat for you in the past? How likely is this now? What obstacles present themselves from your list of areas to improve?</p>