

SWOT Analysis

	STRENGTHS (list down all your strengths)		WEAKNESSES (list down anything you think you should improve)
STEP 1		STEP 2	
	OPPORTUNITIES (think of opportunities that you can take advantage of right now, using your strengths and weaknesses)		THREATS (what can stop you from pursuing the opportunities listed in Step 3? what can you do to stop them from stopping you?)
STEP 3		STEP 4	

Live with intention. Practice wellness.

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