



#	STRENGTHS (+)	
1	Strong communication and interpersonal skills	
2	Analytical and problem-solving abilities	
3	Time management and organizational skills	
4	Adaptability and flexibility in various situations	
5	Positive attitude and resilience	
6	Technical proficiency in specific areas	
7	Strong work ethic and dedication	
8	Creative thinking and innovation	
9	Ability to work well in a team	
10	Leadership qualities	

#	OPPORTUNITIES (+)	
1	Further education and professional development	
2	Networking and building professional relationships	
3	Embracing new technologies and tools	
4	Seeking leadership roles or additional responsibilities	
5	Exploring new industries or markets	
6	Collaboration and partnership opportunities	
7	Expansion into international markets or work experience	
8	Building a personal brand or online presence	
9	Mentoring or coaching opportunities	
10	Taking on challenging projects or assignments	

#	WEAKNESSES (-)	
1	Limited experience in certain areas	
2	Procrastination and time management challenges	
3	Difficulty in public speaking or presenting	
4	Perfectionism and attention to detail	
5	Lack of specific technical skills	
6	Impatience or difficulty in dealing with ambiguity	
7	Limited knowledge in certain subjects	
8	Fear of failure or risk-taking	
9	Limited networking or social skills	
10	Tendency to be overly self-critical	

#	THREATS (-)	
1	Increasing competition in the job market	
2	Rapid technological advancements and automation	
3	Economic downturns affecting job security	
4	Changing industry trends and skill requirements	
5	Personal life challenges impacting professional growth	
6	Lack of resources or financial constraints	
7	Negative workplace environment or toxic relationships	
8	Limited opportunities for career advancement	
9	External factors like political or regulatory changes	
10	Personal health or well-being challenges	