

# PERSONAL SCOT Analysis

Strengths Challenges Opportunities Obstacles



Me

## My Strengths

**-Qualities and attributes that help me.**

What do I do well?

What are the things that I am naturally good at doing?

## My Challenges/Weaknesses

**-Areas for improvement**

What am not happy with?

What can I improve on?

Notes

Environment

## Opportunities

**Resources and support in my Environment**

Who can help me?

What can help me?

## Threats

**Obstacles distractions in my Environment**

What challenges exist?

How can I respond to these?

Notes