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| **SCOT** | **ANALYSIS** |
| **Strengths ( Internal)**  What do I do well?  What are the things that I am naturally good at doing? | **Challenges (Internal)**  What am not happy with?  What can I improve on? |
| **Opportunities**( External Environment around me)  Who can help me?  What can help me? | **Threats** ( External Environment around me)  Are there challenges/ obstacles ?  How can I resolve to these? |