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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? |