

| <b>SCOT</b>   | <b>ANALYSIS</b>   |
|---|---|
| <p><b>Strengths ( Internal)</b><br/>           What do I do well?<br/>           What are the things that I am naturally good at doing?</p> | <p><b>Challenges( Internal)</b><br/>           What am not happy with?<br/>           What can I improve on?</p>                            |
| <p><b>Opportunities</b> ( External Environment around me)<br/>           Who can help me?<br/>           What can help me?</p>              | <p><b>Challenges</b> ( External Environment around me)<br/>           What challenges exist?<br/>           How can I respond to these?</p> |