

	Helpful	Not Helpful
Internal Factors	<p>Strengths <u>Attributes that help you achieve your objective.</u> -What do you do well? -What do other people see as your strengths?</p>	<p>Challenges <u>Limitations that hinder achieve your objective.</u> - What skills could you improve? - What can you avoid? - What internal barriers / fears hold you back?</p>
External Factors	<p>Opportunities <u>Favourable situations that support you.</u> -What opportunities are available to you? -How can you exploit these? What trends might help you?</p>	<p>Threats <u>External conditions which could create problems.</u> -What obstacles do you face? -How can you lessen these?</p>