

Personal Goal Setting
Strengths, Weakness, Opportunities, Threats
SWOT Analysis Form

Read: <http://www.fuel-my-motivation.com/swot-analysis.html> for guidance.

List Goal: _____

Internal Factors	
<u>List Your Strengths to Help Achieve Goal:</u>	<u>List Weaknesses to Overcome to Achieve Goal:</u>
External Factors	
<u>List Opportunities to Support Goal Achievement:</u>	<u>List Threats to the Achievement of Goal:</u>

List Motivation

Strategies: _____

List strategies to reduce or eliminate
threats: _____

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