**Personal SWOT Analysis Template**

* What are your strengths? (These are helpful internal things to your progress)
* What are your weaknesses? (These are internal things that get in the way of your progress)
* What are your opportunities? (These are external things that can help your progress)
* What are the threats? (These are external things that get in the way of your progress)

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|  |  |  |
|  | *Strengths* | *Weaknesses* |
|  | *Opportunities* | *Threats* |