

Strengths: Strong in my religious believe and fear of God Working hard Rational	Weaknesses: late in appointment Eating takeaway a lot Some time hearing voices (mental illness)
Opportunities: I feel like I have an opportunity with the presence of god Though working hard I get most times promotion My rational thought gives me a lot of opportunities to make good relation with a people and I get good mind satisfaction	Threats: -When I am late I feel very shame and some people they will cancel the appointment -I spend a lot in take away food it is costly and unhealthy (some of them) but I am planning to cook regularly - the hearing voice it affect a lot in my thoughts at the moment I am fine but previously I was affected and it spoil social I life , relationship , education ,work(I am getting better now but I hear a little voices)

Action Plan: -

My first strength is believe in god and being religious s because that is very important to have a great mind . Spirituality it will develop confidence , peace of mind , love , faith , happiness , patience . Reading a bible , listing and singing to God , meditate his word . For me god is the Greatest all over I seen he create everything I am always impressed . He is amazing and great no words can explain for me

For me this is my strength thing that I have because I passed I a lot challenges with him even If I am not passed him I am happy

the hearing voice it affect a lot in my thoughts at the moment I am fine but previously I was affected and it spoil social life, relationship , education ,work(I am getting better now but I hear a little voices

).i am still in treatment but the voices are going down . Action to do is chasing a medical treatment , doing regular physical exercise , eating very healthy , being friendly with a people . Doing some good activities that makes mind happy it could be doing a volunteer ,helping people by advice and asking advice .