

Strengths

- What are you good at? What do you do better than others?
- What skills or qualities do you have?
- What do others say you're good at? (e.g. friends, tutors, employers)
- What achievements are you proud of?
- What support or resources do you have? (e.g. people, skills, opportunities)
- Do you have any useful connections or networks?

Weaknesses

- What tasks do you find difficult or avoid?
- What are your areas for improvement?
- What do others say you could improve?
- Are there any skills or knowledge gaps you need to work on?
- Do you have any bad habits that affect your work or study?
- Are there any personal challenges that may hold you back?

Opportunities

- Are there job opportunities in your chosen career or industry?
- Do you know people who could help or support you? (e.g. contacts, mentors)
- What trends or changes could you take advantage of?
- Are there any new skills or technology you could learn?
- Are there gaps where you could offer something different or improve things?
- Are there problems you've noticed that you could help solve?

Threats

- What challenges are you currently facing at work or in your studies?
- Are other people competing with you for opportunities?
- Is your job or career area changing?
- Could new technology affect your future role?
- Could any of your weaknesses create problems for you?