

# SWOT Template: Find your inner strength

	Helpful to achieve an objective	Harmful to achieve an objective
Internal origin	<p><b>Strengths</b></p> <p>Which HSP qualities make you great?</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>	<p><b>Weaknesses</b></p> <p>Which HSP qualities are causing you problems in you work?</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>
External origin	<p><b>Opportunities</b></p> <p>Look at your strengths list and think, which companies/industries desperately need these skills? Which challenges are they facing that you or a person with similar skills can help tackle?</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>	<p><b>Threats</b></p> <p>Which changes or circumstances in the environment represent a threat to your career (i.e. change in industry, type of companies or personalities you don't deal with well etc.)?</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>

# Conclusions

- What are you learning about your role in the current environment?
- Where are you best at?
- Where are you worst at?
- What kind of environment should you be looking for/aiming to create around yourself?