

**MARTI FISCHER**  
*'Achieve Your Next'*

**SWOT EXERCISE FOR GOALS**

**MY GOAL:** \_\_\_\_\_

<b>STRENGTHS</b> Why my goal is worth pursuing	<b>WEAKNESSES</b> Why my goal may not be worth pursuing
<b>OPPORTUNITIES</b> People, resources, events, or skills working in my favor	<b>THREATS</b> People, resources, events, or skills working against me
<b>NOTES</b>	

**GOAL ANALYSIS**

**For each bullet point, use the following prompts as a guide. Make notes in the boxes above.**

What's important about this bullet point?

What steps can I take to satisfy this and move ahead?

Who can help me?

How much time do I want to I spend against this?

Is there anything else I should consider?

**Not every prompt will be relevant. You may even come up with a set of questions that works better for you. Play around. The aim is to explore all sides of your goal and come up with a plan.**