

SWOT EXERCISE FOR GOALS

MY GOAL: _____

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

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.