

Common Strengths, Weaknesses, Opportunities, and Threats

Strengths

Problem-solving
Self-direction
Adaptability/Flexibility
Communication skills
Teamwork
Conflict resolution
Leadership
Creativity
Work ethic
Integrity
Active listening
Confidence
Negotiation
Public speaking
Writing
Empathy
Risk management
Critical thinking
Analysis
Open-mindedness
Innovation
Consistency
Organization
Optimism
Cooperation
Patience
Growth mindset
Attention to detail
Persistence/Perseverance

Time management
Dependability
Motivation
Results-orientation
Enthusiasm
Experimentation
Taking calculated risks

Weaknesses

Not taking criticism well
Impatient
Lazy
Easily bored
Procrastinate
Persistent
Takes things personally
Strong willed
Passive
Does not like conflict
Shy
Lethargic
Long-term planning
Strict
Short-sighted
Selfish
Focusing on small details
Takes blame for others
Being straight forward
Greedy
Delegating tasks

Needs to be right
Stubborn
Multitasking
Allows emotions to show
Blunt
Presenting
Impulsive
Bossy
Takes on too much
Follow-ups
Aggressive
Likes to take risks
Critical of others
Works too much
Perfectionist
Fearful
Self-critic
Trouble with teams
Close-minded
Unorganized
Does not like pressure
Does not prioritize
Does not manage distractions
Does not set goals

Opportunities

Getting a degree
Take courses for a career
Improve resume

Improve professional skills
Professional network
Internships
Time management tools
Career coaching
Conduct research
Changing market demands
Promotion opportunities
Business trends
Support network

Threats

Bad job market
Job loss
Competing time pressures
Changing technology
Required certifications
Increasing competition
Job insecurity
Health factors
Industry changes
Salary or wage limits
Environmental threats
Limited resources
Company culture
Transportation reliability
Access to technology
Economic climate
Work schedule
Long commute