EXERCISE: SELF SWOT

MY Strengths	MY Weaknesses

MY Opportunities	MY Threats

Adapted from SWOT analysis template – a free resource from www.businessballs.com. Template © Alan Chapman 2005.

MY VALUES (what is important to me?) _____

MISSION (what gives me meaning?) _____

VISION (what are my future commitments?) _____

EXERCISE: SELF SWOT

MY Strengths

What do/did I do well ?
What knowledge, skills ,styles, attitudes, capabilities, USP's (unique selling points), values and commitments do I hold?

MY Weaknesses

What **gaps or areas for improvement** do I have in knowledge, skills, capabilities, vulnerabilities, reliability?
Do I fall short in accountability, integrity, performance or commitment to myself or others?

MY Opportunities

What enhances my effectiveness and **my strengths**

What new niches, trends, partnerships, collaborative projects, initiatives or skills might I take advantage of?

MY Threats

What limits my effectiveness or enhances my **weaknesses?**
Intrinsic factors Lack of sleep, belief system, biases, prejudices, recurrent thoughts or actions , past experiences?
Extrinsic threats - political, policy, environmental, or organizational cultures?

10 Factors Contributing to Resilience

1. Optimism
2. Facing Fear
3. Moral Compass
4. Religion & Spirituality
5. Social Support

6. Role Models
7. Physical exercise
8. Mental exercise
9. Flexibility & Acceptance
10. Meaning & Purpose

Southwick, S. M. and D. S. Charney (2012)
"Resilience, The Science of Mastering Life's Greatest Challenge"
Cambridge University Press

PERSONAL HEALTH IMPROVEMENT PLAN©

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1. **Global Goal:** Write an aim statement that describes what you want to achieve, learn or change related to a topic covered in this session or conference.

   SMART OBJECTIVE: Create an objective that is specific, actionable, measurable, relevant and achievable within a reasonable time frame (e.g., 3-4 months).

2. **Consider factors that may affect the likelihood of your success. Circle response.**
   a. How *important* is it for you to achieve your goal on a scale from 1-10? (1=not at all important; 10=extremely important)

1	2	3	4	5	6	7	8	9	10

   b. How *confident* are you that you can achieve your goal (or make progress towards your goal) on a scale from 1-10 (1=not at all confident, 10=extremely confident)?

1	2	3	4	5	6	7	8	9	10

**If you rated either question as a 6 or below, consider choosing a different goal.

3. **Learning activities/strategies to accomplish the goal:** What will you do? Aim to define two specific and measurable strategies e.g., "locate and read three recent reviews on treatment of diabetes" versus "read updates on diabetes".

   a.

   b.

4. **Timeline:** Define a timeline for your strategy. When do you plan to start, assess, and finish process?

Start date	Assess date	Finish date

5. **Measures to know if the goal is accomplished:** How will you know that you've reached your goal? What will you measure and how will you measure it? (e.g., monitor 20 statin prescriptions given during a two week period).

   a. What will you measure?

   b. How will you measure it?

6. **Resources to help accomplish your goal:** What resources do you have or need to achieve the above? Are there staff who could help collect measures? Could you arrange with another participant or colleague to review your progress?

   a. Resources I <u>have</u>: 1. _____ 2. _____

   b. Resources I <u>need</u>: 1. _____ 2. _____