

Identify a job description or career field that you are interested in pursuing. Using the following criteria, analyze yourself and the external landscape for that career field. This will help you identify your strengths as a candidate, areas for improvement, and networks/training opportunities to build toward this career.

Strengths	What do I do well? What is my biggest achievement? What do others recognize me for? What personal qualities do I possess?	
Weaknesses	What do I need to improve? What tasks do I typically avoid? What are my personal flaws?	
Opportunities	What are the trends in my professional industry/discipline? Who can support me in achieving my goals? What additional training or experience is available to me?	
Threats	What are the obstacles? Who is competing for this kind of job/career? What macro-level changes might impact this career? (political, environmental)	