

## Title of the activity : Personal SWOT analysis

**For who :** 15+

**Duration :** 20 - 40 min

**Number of players :** 1 and more

**Place :** inside

**Characteristic :**

- self-development
- self-evaluation

**Type of game :** self-evaluation

**Educational interest :**

- self-evaluation
- self-development
- try to find way for your future

**Materials :**

- papers, markers,

### Goal : Self-development

#### Method :

1. Maybe you know SWOT analysis from economy, so we use it same principle.
2. Each participant divided paper in quarters. First quarter called Strengths, second quarter called Weaknesses, third quarter called Opportunities, last quarter is Threats.
3. Now participants fill first – Strengths. Try to write min. 5 things. Indicative question: What you're good?
4. Let's go to fill second – Weaknesses. Try to write min. 5 things. Indicative questions: What I'm not good in? What can I be better in?
5. Let's go to fill third – Opportunities. Try to write min. 5 things. Indicative question: What options do you have in your life? What can you change?
6. Let's go to fill last – Threats .Try to write min. 5 things. Indicative questions: What are you afraid of? What barriers do you have?
7. Participants should fill each part of SWOT alone. If they have some handicap (or they don't understand), they can have a mentor (who will help them with questions).
8. This activity is intimate, you as a leader, you should consider how to evaluate it. It's enough when participants say only something about it.

#### Link or picture :



Erasmus+

ILTA

Personal SWOT - Czech

	Helpful	Harmful
Internal	Strengths <b>S</b>	Weaknesses <b>W</b>
External	Opportunities <b>O</b>	Threats <b>T</b>