

What are your personal and professional strengths?  
What type of roles/projects do you tend to volunteer for?  
What do you do better than anyone else?  
What do you think your classmates and/or coworkers view as your strengths?

What areas do you need to improve?  
What types of roles/projects do you try and avoid?  
What traits/skills do you envy in others?  
What do you think your classmates and/or coworkers view as your weaknesses?

Strengths

Weaknesses

Opportunities

Challenges

What opportunities exist for you at school?  
What opportunities exist at your internship/job?  
What resources are available for you to use?

What obstacles are preventing you from reaching your goals?  
What is lacking for you to be successful?  
Are there roadblocks that you do not know how to remove?