

Transition SWOT

Name a transition and time horizon. Consider your resources and circumstances; distinguish facts from assumptions or predictions.

1. Map your transition

1. Strengths

Internal · Helpful (Assets & Advantages)

What do you do well? What unique strengths, skills, or resources can you draw on?

2. Weaknesses

Internal · Development areas (Gaps & Support Needs)

What could you improve? What constraints, habits, or missing resources hold you back?

3. Opportunities

External · Helpful (Market & Trend Openings)

What trends, connections, or circumstances can you take advantage of right now?

4. Threats

External · Harmful (Obstacles & External Risks)

What external obstacles, changing conditions, or risks do you need to guard against?

2. Which connection between your strengths and opportunities stands out?
What risk needs attention?

3. Test a SWOT insight

Insight to test

Small action

Support or information

Review date