

Personal SCOT Analysis

This is a simple but highly effective tool for creating a current inventory 'snapshot' of where you are now in terms of your personal strengths, challenges and areas for development, opportunities for development and threats to achieving that development.

The strengths and areas of challenge and development are internal factors. Opportunities and threats are external factors.

Using this tool will build a 'picture' of where you are now in these different areas.

Start with strengths and use the questions over to build your SCOT analysis.

Christopher Brown Life Coach

SCOT Analysis worksheet

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|---------------------|--|
| Your strengths: | Your challenges and development areas: |
| | |
| Your opportunities: | Your threats to achievement: |
| | |

Christopher Brown – Life Coach

Questions to guide you on your way:

Strengths:

- What do you consider yourself to be particularly good at?
- What do other people tell you, you are particularly good at?
- What do you enjoy doing that comes easy to you?
- What knowledge and competencies do I have?
- What qualifications or specific abilities do I have?
- When have I been successful?

Challenges and development areas:

- What knowledge areas are gaps that are affecting your progress?
- What skills and abilities are gaps that are affecting your progress?
- What areas of your life that need developing are you avoiding?
- What do other people tell you are areas for development or challenge for you?
- What reoccurring events do I avoid that I know I should address?

Opportunities:

- What courses/workshops could I attend to address my challenges?
- What strengths that I already have could help me address my challenges?
- What books could I read to help me address my areas of challenge and development?
- What online resources might be available (YouTube videos for example?)
- Who do I know who could help and support me on my areas of challenge?

Threats

- What might get in the way of me achieving my goals/outcomes/desires for change?
- What am I avoiding in terms of potential roadblocks to me achieving my goals?
- What events or situations in my life might get in the way of me achieving my goals?
- What potential or actual changes or challenges are there in the future that I might need to be aware of?