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Rashidhar's SWOT Analysis

■ Helpful ■ Harmful

I can adopt new habits like learning decoration and journal everyday to gather and become intentional about my emotions and acts every day. I can change my lifestyle, cultivate peace and understanding, and take calculated risks. I can participate in community activities such as join a missional community. I can take a free or paid classes and learn skills I am not good at. I can learn new information on YouTube or listen to podcasts in areas I wish to grow in. I have an excellent workplace where I can grow my presentation skills and I can utilize advise/knowledge shared by my work colleagues. I can change my mindset through self-coaching, reading about and relating with great people through their books. I can develop a know-how for things I don't know about, I can conquer fear by taking a step. I can improve my health by working out on a regular basis and incorporating good eating habits in my meal plan. I can grow some new skills if I intentionally join environments that are growth centered. I can read, network, make new decisions, make research and purse social inclusion, I can improve my life and work quality if I intentionally get out of my comfort zone and utilize all these opportunities.

→ Opportunities

← Threats

Some of my threats include; family demands, negative people who drain my energy, unplanned expenses, not up to date with changing technologies, limited financial and relational support, health problems such eye strains that hinder me in doing my assignments well sometimes, distractions from social media and neighbors, low energy levels and staying comfortable in my comfortable zone without seeking for opportunities for growth.

Goal: To build a strong Character

INTERNAL

Strengths

I am hard working, dependable, honest, funny, humble, spiritually minded, fast learner, have a leadership ability, collaborative, good at budgeting and making negotiations, optimistic, careful, idealistic, kind, energetic, appreciative, authentic, determined, emphatic, enthusiastic, able to take and utilize good advice, patient etc..

Weaknesses

I lack emotional control, have always looked sad and people have always thought that I am sick. I have social anxiety and I always find myself isolating from the rest of the people. Its easy for me to build relationships but I am very poor at maintaining them because I give negative energy in my communications. I am a workaholic and sometimes have failed to balance between life and work. I am fearful and has always failed to ask for help from other people. I am a perfectionist which is why I don't delegate assignments to other people. I lack self-confidence and not so good at presenting my ideas to a group of people. People around me have always said that I am rude and have an attitude that would just make them stay away from me. I am very principled and care to much about others that I forget about myself. I do procrastinate so much and over lay self-critic. I am inconsistent person because I start with a lot of energy but loss gas along the way and give up. I am very bad at expressing myself and sometimes don't say what I want. I am not good at follow-through and giving feedback.

EXTERNAL