



Here are some questions that may assist with creating your SWOT analysis:

Strengths

- What are you naturally good at doing? How can you use this attribute into your parenting style or within your marriage?
- What do you find easy when parenting?
- What makes you feel most confident?
- Is there a trait that people are often praising you for?

Weaknesses

- What do you struggle with the most?
- What areas do you think you let your kids down?
- What makes you uncomfortable?
- What do you avoid doing?

Opportunities

- What resources are available to you that can assist with enhancing your strengths or conquering your weaknesses?
- What changes are happening in your life right now?
- What are your talents?
- Are there any networking groups you can join?

Threats

- What is a change that has occurred that you were not prepared for?
- Are there any obvious obstacles standing in your way?
- What are you insecure about?
- Do you struggle with some of your personality traits?