

Life Transitions 20 – Final Exam – Mr. Philipchuk

As you look back at the major assignments that you completed for the course where you had a chance to reflect on careers, self-reflections (moods) and time management, and relationships.

Part 1 - For the final exam you are required to do a SWOT analysis of yourself. So you have to look inside at your Strengths, Weaknesses, Opportunities, and Threats. Use the sheet provided.

Part 2 - You will need to spend time on a goal that you always wanted to accomplish and come up with a plan using the SMART goal worksheet to make a plan with a date to complete that goal. Use the sheet provided.

Please ask Mr. Philipchuk for any clarification on this final. It is open book so use any resources to help you with the SWOT analysis and goal setting.

Part 3 – What are your “take aways” from Life Transitions 20? What did you learn about yourself?

Name: _____

SMART Goal Setting Worksheet

1. What is the goal? _____

2. Why is the goal important? _____

3. SMART goal checklist

Specific

Is the goal clearly written, with no ambivalence? Is it clear who needs to accomplish the goal, and any support they might expect?

Measurable

Does the goal answer the questions of how many, how much and/or how often?

Achievable

Can you get the support needed to achieve the goal by the target date? Do you have all the resources needed to achieve the goal? Are the results expected realistic?

Relevant

Does the goal make a difference in your career? Is it going to make an improvement in your personal life? Is it going to significantly make a difference to your business?

Time-bound

Does the goal state a clear and specific completion date?

4. List potential problems that might keep you from completing your goal.

5. Goal Completion date _____

ACTION ITEM	WHO	WHEN
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Personal SWOT Analysis Worksheet

- For instructions on using Personal SWOT Analysis, visit www.mindtools.com/personalswot.

<p>Strengths</p> <p>What do you do well? What unique resources can you draw on? What do others see as your strengths?</p>	<p>Weaknesses</p> <p>What could you improve? Where do you have fewer resources than others? What are others likely to see as weaknesses?</p>
<p>Opportunities</p> <p>What opportunities are open to you? What trends could you take advantage of? How can you turn your strengths into opportunities?</p>	<p>Threats</p> <p>What threats could harm you? What is your competition doing? What threats do your weaknesses expose you to?</p>