

S.O.A.R

This exercise is an updated version of a SWOT analysis (Strengths, Weaknesses, opportunities and Threats). Half of a SWOT focus on negative aspects. This is likely good for a business to assess risk, but for a personal assessment, SOAR is a more positive forward focus tool. Use the SOAR analysis to start goal setting.

S.O.A.R. Worksheet

<p><u>Strengths</u></p> <p>1) what are my greatest strengths/skills:</p> <ul style="list-style-type: none">• List as many as you like.• Do not be humble.• What would your biggest cheerleader say?	<p><u>Opportunities</u></p> <p>2) Opportunities (what would be even better is):</p> <ul style="list-style-type: none">• What are the areas you feel you want to be even better at doing/saying/presenting?
<p><u>Aspirations</u></p> <p>3) What are the goals I would like to achieve</p> <ul style="list-style-type: none">• What will this look like when I experience this fully?	<p><u>Results Analysis</u></p> <p>4) How am I measuring my success</p> <ul style="list-style-type: none">• What are the indicators of your success?• How will you know when you've got it?

<u>Strengths</u>	<u>Opportunities</u>
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<p><u>Aspirations</u></p> <p>3) What are the goals I would like to achieve</p> <ul style="list-style-type: none"> • • 	<p><u>Results Analysis</u></p> <p>4) How am I measuring my success</p> <ul style="list-style-type: none"> • •

List the goals you have identified (1 – 3 gaols maximum at any one time):

<p>Goal #1</p>	<p>(example) I will know when I have achieved _____ when _____</p>
<p>Goal #2</p>	<p>(example) The Measure for this is:</p>
<p>Goal #3</p>	