

## SELF SWOT

Complete the self SWOT by considering your personal circumstances and placing each of the 12 practices associated with personal wellness (listed in the article) in one of the four quadrants.

<p><b>My strengths</b> Things related to wellness that I have mastered or do very well.</p>	<p><b>My weaknesses</b> Things related to wellness that I don't do well.</p>
<p><b>My opportunities</b> Things that could positively affect my wellness if I pursued them.</p>	<p><b>My threats</b> Things that could negatively affect my wellness if I don't attend to them.</p>