



REINVENTION TOOLS FOR FORWARD AFTER 50



REBECCA RONANE

ABOUT ME



REBECCA RONANE

Author of *Forward After 50*, *The Rising Reinventors*, Rebecca lives in the sunny south of France with her French Dutchman and dog Myrtle. She describes herself as having an endless curiosity for life, being a perpetual learner and explorer, of both places and things. She says, “Everything I've ever done has been a new adventure. I thrive on a challenge.”

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Personal Swot

Maximise Your Potential

BACKGROUND: A 'SWOT' (strengths, weaknesses, opportunities & threats) is a commonly used tool to take stock of where your life is and how it could improve. We can use on to recognise our unique skills, strengths and talents. Use this exercise to help you manage your weaknesses and threats while taking advantage of strengths and potential opportunities to create your reinvention

NOTE: This exercise is not about being modest or overly self-critical. For maximum impact, answer the questions honestly – and remember to think about it from both your perspective and those around you.

<p>STRENGTHS AKA SUPERPOWERS</p> <p>What do you do well? What do you better than others?</p> <p>What unique skills and talents do you have?</p> <p>What do others see as your strengths?</p> <p>What are you proud of, like about yourself, enjoy doing?</p>	<p>WEAKNESSES</p> <p>What could you do better? What do you avoid?</p> <p>Where do you have less skill or talent than others?</p> <p>What are others likely to see as weaknesses?</p> <p>What do you need to face up to?</p>
<p>OPPORTUNITIES</p> <p>What opportunities are out there for you?</p> <p>What trends could you take advantage of?</p> <p>Which strengths could you turn into opportunities?</p> <p>What is going on locally that you could capitalize on?</p>	<p>THREATS</p> <p>What trends and threats could harm you?</p> <p>What is your competition doing?</p> <p>What threats do your weaknesses expose you to?</p> <p>What obstacles do you have coming up?</p>

If you haven't already done so, read my book Forward After 50, The Rising Reinventors; you'll find many tips particularly when it comes to superpowers there that will help you on your journey of reinvention.



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Forward after Fifty