

# EXERCISE: SELF SWOT

MY Strengths

MY Weakness

MY Opportunities

MY Threats

MY VALUES \_\_\_\_\_

MISSION \_\_\_\_\_

VISION \_\_\_\_\_

Adapted from SWOT analysis template – a free resource from [www.businessballs.com](http://www.businessballs.com). Template © Alan Chapman 2005.



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# 10 Factors Contributing to Resilience

1. Optimism
2. Facing Fear
3. Moral Compass
4. Religion & Spirituality
5. Social Support
6. Role Models
7. Physical exercise
8. Mental exercise
9. Flexibility & Acceptance
10. Meaning & Purpose

Southwick, S. M. and D. S. Charney (2012)  
“Resilience, The Science of Mastering Life’s Greatest Challenge”  
Cambridge University Press



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## PERSONAL HEALTH IMPROVEMENT PLAN

Adapted from ©Center for Continuing Education in the Health Sciences and the Office of Community-Based Education and Research at Dartmouth

### PERSONAL HEALTH IMPROVEMENT TOOL (PHIT) @ [www.MYPHIT.org](http://www.MYPHIT.org) (CFP 2016)

1. **Global Goal:** Write a broad statement that describes what you want to achieve or change. (e.g. Increase physical activity)

2. **SMART Goal:** Create an aim that is specific, measurable, achievable, relevant and within a reasonable time frame. (e.g. Walk 30 minutes every morning before work at the gym)

3. **Likelihood of Success:** Answer the following motivational questions to assess your likelihood of success.

a. How *important* is it for you to achieve your goal on a scale from 1-10?  
(1=not at all important; 10=extremely important)

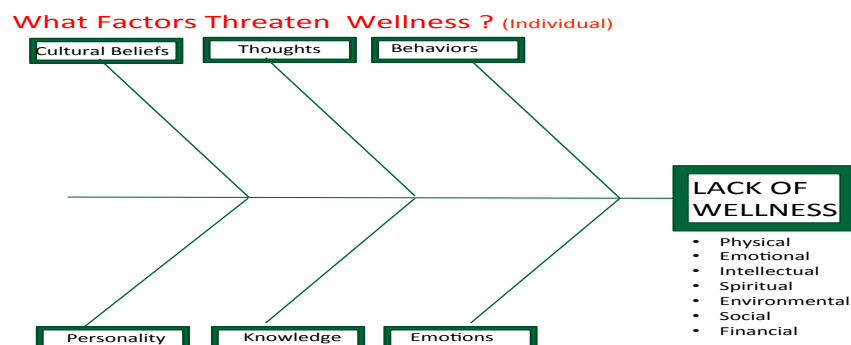
|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

b. How *confident* are you that you can achieve your goal on a scale from 1-10?  
(1=not at all confident; 10=extremely confident)

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**\*\*If you rated either question as a 6 or below, consider choosing a different goal.**

4. **Process Map:** Create a cause/effect diagram of the factors that contribute to your current gap.



5. **Measures:** How will you know that you've reached your goal? **What** will you measure and **how** will you measure it?

a.      **Process Metric** (to confirm that an action is completed) ex. Check yes/ no (e.g. Did I walk today?)

b.      **Outcome Metric** (to know if you've made a difference) Numeric rating of 1-5 on a positive scale. (e.g. Do I feel more energetic today?)

6. **Activities to accomplish the goal:** What next steps will you do (e.g. purchase sneakers, join a gym)

7. **Resources to help accomplish your goal:** Who and what do you have or need to achieve the above?

a. Resources I **have**: (e.g. walking group)

b. Resources I **need**: (e.g. partner)

8. **Timeline:** When do you plan to start, assess, and finish the process? Start today and go for a minimum of 30 days.

| Start date | Assess date | Finish date |
|------------|-------------|-------------|
| TODAY      |             |             |