

BODACIOUS

Do a SWOT on yourself. Delve deep and be really honest. I've given you some pointers below to start you off. Once you have at least five answers in each box, take each one in turn and 'answer' it in as much depth as you can. Eg from weakness:

- 'I'm no good at social media'
 - I will spend 15 minutes every day familiarising myself with Twitter and Linked In
 - I will list my Tweets for the rest of the month and schedule them on Hootsuite
 - I will visit Linked In and join relevant groups and link with as many people as I can
 - If I get stuck I will ask
 - I will follow at least 50 people on Twitter this month
 - I will write informative and useful tips on Twitter.

Strengths Eg. I'm brilliant at writing	Weaknesses Eg. I'm no good at social media
Opportunities Eg. Redundancy	Threats Eg. Getting paralysed by fear