

SWOT Action Plan

Now that you have listed two to three factors in each section, it is time to consider how to utilize the strengths and opportunities and manage (e.g. avoid, eliminate, change, adapt) the weaknesses and threats. Be specific and formulate two or three small, measurable action steps for each item. Remember to monitor it after you have tried any. Then, adjust your plan accordingly.

Proximal Protective Factors (STRENGTHS)		Proximal Risk Factors (WEAKNESSES)	
Factors	Action Steps	Factors	Action Steps
1. _____ _____	i) ii) iii)	1. _____ _____	i) ii) iii)
2. _____ _____	i) ii) iii)	2. _____ _____	i) ii) iii)
3. _____ _____	i) ii) iii)	3. _____ _____	i) ii) iii)
Distal Protective Factors (OPPORTUNITIES)		Distal Risk Factors (THREATS)	
Factors	Action Steps	Factors	Action Steps
1. _____ _____	i) ii) iii)	1. _____ _____	i) ii) iii)
2. _____ _____	i) ii) iii)	2. _____ _____	i) ii) iii)
3. _____ _____	i) ii) iii)	3. _____ _____	i) ii) iii)