

STRENGTHS, WEAKNESSES, RESOURCES, CONSTRAINTS, AND CAPABILITIES

This exercise is to help you assess the abilities and constraints of those involved in your action. What are some areas of action in which you know you will succeed? What are some areas that you could improve on or could possibly find someone to fill that gap? What are some resources that you can draw upon to help? Once you have completed each section, think through how you can design an action that will be the most effective. Some groups or individuals will succeed with different goals and approaches, the goal is to find what works for you and make change through that.



STRENGTHS



WEAKNESSES



RESOURCES



CONSTRAINTS



CAPABILITIES