



Dr. Sarah Washington O'Neal Rush

Name: _____ Date: _____

Issue: _____

S.W.O.R. Analysis[©]

S—SELF-ASSURANCE

- What are you most sure about?
- Where are you most steadfast?
- What is the evidence of this?

W—WORRIES

- What are your fears?
- What evidence supports your fears?
- What can you do about it?

O—OPTIONS

- What is available now?
- What is attainable now?
- What are the steps to attain what is available?

R—RISKS, REWARDS, READINESS

- What are the potential risks?
- What are the potential rewards?
- Are you ready?