



Tennessee Occupational Therapy Association

SOAR Analysis

S	O	A	R
Strengths	Opportunities	Aspirations	Results
<ul style="list-style-type: none">• What do you excel at?• What are your greatest accomplishments?• What are you most proud of?• What makes you unique?	<ul style="list-style-type: none">• What partnerships would lead to greater success?• What changes and trends in the field align with your strengths?• What areas of growth do you see for yourself?• Are there clinical questions in the field that you want answered?	<ul style="list-style-type: none">• What do you want to achieve in the future?• What do you want your future job/role to look like?• How can you make a difference?• What are you passionate about?	<ul style="list-style-type: none">• What measures will tell you that you are on track to achieve success?• How do you translate your vision of success into tangible outcomes?• How do you know when you've achieved your goals?