

Worksheet #1: Getting Clear

- 1) Circle the areas of your life are you looking for style help with:
 - a) Lounge: Hanging out around the house (other than pjs).
 - b) Work: Going out of the house to work.
 - c) Weekend/Casual: Casual put-together looks for leaving the house, errands, working from home, fun, etc.
 - d) Workout: Athletic clothing.
 - e) Special Occasions: Formal wear for special events.
- 2) How would you describe your CURRENT style or image?
- 3) How do you think customers, dates, potential collaborators, employers see you?
- 4) How would you describe YOUR IDEAL style or image?
How do you want the above people to describe you within 3-seconds of seeing you?
- 5) What are your top three goals for the next five years (things FOR YOU, not just “be happy” or “have a happy family”)? Maybe they are dreams you haven’t dared to tell anyone yet.
 - a)
 - b)
 - c)
- 6) If you achieved those three goals how would you hold yourself and what your style look like?
- 7) What are your biggest frustrations with your current wardrobe?