



Own Your Style

Personal Style Assessment

Rate each statement using the following scale:

1 (never/not at all)

4 (very/often)

2 (seldom/not much)

5 (always/with certainty)

3 (sometimes/somewhat)

1. How important do you feel clothing is to how confident you feel every day? _____
2. How much do you understand and value personal style? _____
3. How much do you enjoy clothes/fashion? _____
4. How well do you understand how to assemble looks you love? _____
5. When people describe you to others, how well does what they see on your outside match your inside? _____
6. How well do those words align with what you would WANT said? _____
7. How confident do your clothes make you feel? _____
8. How comfortable are you assessing what you have and identifying what you NEED in your closet? _____
9. How well do you put clothing pieces together that represent your own personal style? _____
10. How well do you think your wardrobe represents WHO you are? _____

TOTAL: _____

Add your scores together. Let's schedule some time to chat! [Click here to find a time.](#)

43-50: We can work together on some final details. You are already confident, self-aware and stylish.

35-42: You are well on your way. There are a few additional things for you to consider. You are closer than you think to feeling like this is easy.

27-34: We may have some core areas in which we disagree. You may be challenged to view some things differently. Let's make it a point to get together to exchange thoughts and ideas. It is possible your external appearance is more important than you think and that it is a worthy area in which to invest both time and resources.

19-26: While there are some basic guidelines to consider that will make this feel less complicated, this is more about permission than rules. Feel free to be yourself! Let's figure out how you can Own Your Style. I can't wait to meet!

10-18: I look forward to what we can accomplish together. We've got some work to do. This process will feel hard at times but will be very rewarding.