

1. Most days, getting dressed feels...

- A Stressful or frustrating
- B Hit or miss
- C Easy and intentional

2. When you catch your reflection, you usually feel...

- A Self-conscious or unsure
- B Okay, but not fully confident
- C Comfortable and confident

3. When you open your closet, it feels...

- A Full, but nothing works together
- B Organized, but inconsistent
- C Easy to pull outfits from

4. When it comes to your body type, you feel...

- A Confused about what works
- B Somewhat sure, but still guessing
- C Clear and confident

5. When you shop for clothes, you usually...

- A Hope they'll work once you get home
- B Stick to what feels safe
- C Know what you're looking for

6. After buying something new, you wear it...

- A Rarely
- B Sometimes
- C Often

7. Your personal style right now feels...

- A Inconsistent
- B Fine, but uninspiring
- C Aligned with who I am

8. Getting dressed for an important event, feels...

- A Stressful
- B Overthought
- C Effortless

9. Your wardrobe fits your lifestyle... (work, etc.)

- A Not at all
- B Somewhat
- C Completely

10. Overall, your style feels like...

- A Something I avoid
- B Something I need help with
- C A strength

SCORING

A = 1 point

B = 2 points

C = 3 points

Add your total score: _____ / 30

YOUR RESULTS

10-16 | Style Reset Needed

If getting dressed feels harder than it should, you're not alone.

You don't need more clothes—you need clarity.

Next step:

Working with a stylist helps rebuild confidence and direction.

17-22 | Style Support Recommended

You have good pieces, but your style lacks consistency.

Next step:

Styling support helps connect the dots and simplify getting dressed.

23-27 | Style Elevation Opportunity

You're put together, but your style no longer reflects who you're becoming.

Next step:

Refinement—not reinvention—is what moves you forward.

28-30 | Style Confident (With Room to Grow)

You know what works, but fresh perspective adds polish.

Next step:

Even confident women benefit from expert insight.