

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.
