

Self-Reflection Survey
Presenting YOU: Empowering Your Personal Style

Instructions:

Based on the following criteria, please rate yourself on a scale from 1 to 5, where 1 is the lowest and 5 is the highest. Be honest and reflective in your responses.

Style and Image: *Lowest 1 2 3 4 5 Highest*

How satisfied are you with your overall style?

Confidence: *Lowest 1 2 3 4 5 Highest*

How confident do you feel with your wardrobe and how you present yourself at work or in your community?

Style Message: *Lowest 1 2 3 4 5 Highest*

How well does your wardrobe communicate your intended style message?

Wardrobe Awareness: *Lowest 1 2 3 4 5 Highest*

How familiar are you with the inventory of your wardrobe, including closets, drawers, shoes, and accessories?

Closet Story: *Lowest 1 2 3 4 5 Highest*

How accurately would your closet tell the story of your style and lifestyle if it could talk?

Body Type: *Lowest 1 2 3 4 5 Highest*

How confident are you in understanding your body shape?

Drape and Fit: *Lowest 1 2 3 4 5 Highest*

How well do your clothes complement your body type?

Accessories: *Lowest 1 2 3 4 5 Highest*

How comfortable are you with using accessories to enhance and complete your outfits?

Shopping: *Lowest 1 2 3 4 5 Highest*

How skilled are you when shopping for clothes and making choices that enhance your wardrobe?

Working with a Professional: *Lowest 1 2 3 4 5 Highest*

How likely are you to hire a professional stylist to help enhance your wardrobe and style?

Additional Thoughts:

**This survey was developed by Sue Yerou for Style Rehab. www.stylerehab.me*