



# “STYLEVOLUTION”

## Worksheet: Define Your Authentic Style

This worksheet is designed to help you begin to create your Authentic Style by getting you to think about your style; what you want it to look like, and what you want your style to say about you.

Think about each question and write down your answers in the following sections.

**How to do this worksheet:** Pretend you know a woman who rocks her Authentic Style and you want to be just like this woman.

1. Write a description of who this woman is, what this woman is like, and what a day in this woman’s life would be like, etc.

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2. What are this woman’s hopes and goals for her style/image? What does this woman *most* want to portray through her style/image?

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3. What are the challenges and frustrations that this woman faces when it comes to getting dressed? What are the challenges and frustrations with respect to her body image?

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The woman you want to be like is now **YOU**, your future self.

4. Visualize yourself in the near future. How do you see yourself, and what do you look like? What kind of transformation have you experienced physically, if any?

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5. Imagine the Authentic Style that you now have. What kind of visual transformations have you experienced? What colors and styles of clothing are you now wearing?

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6. What qualities are your Authentic Style conveying? What message(s) are you sending to the world through your style/image?

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7. How do you *feel* about yourself now that you have uncovered your Authentic Style? How has feeling awesome about the way you dress and look, transformed or impacted other areas of your life?

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8. NOW...What steps will you take *today, this week, or this month* to begin creating your Authentic Style, so that your future self is you *TODAY*?

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Let me know if [I can help!](#)

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~Michelle