



DAY 1

WHAT IS YOUR GOAL?

This seems like such a simple question, doesn't it? But trust me, I know it can be hard to answer. Especially when it comes to our personal style. However, the first step in owning your personal style is understanding what your style goals are. They can be diverse and varied. And sometimes, a little hard to nail down.

Today's worksheet is really going to focus on your short- and long-term style goals. That will set the tone of your entire Style Reset because every decision you make, outfit you build, and piece you decide to keep or remove will call back to your ultimate style goals.

BASELINE STYLE QUESTIONNAIRE:

Take the next few minutes to complete the following baseline style questionnaire. This questionnaire will help you understand where you are on your personal style journey and allow you to track your progress towards your ideal personal style aesthetic.

On a scale of 1 to 10, how happy are you with your personal style and wardrobe?

1 2 3 4 5 6 7 8 9 10
Hate it! Love it!

On a scale of 1 to 10 , how well do your outfits express your personal style?

1 2 3 4 5 6 7 8 9 10

They don't
speak for me
at all

My outfits
always convey
my style

What factors prevent you from fully expressing your personal style? (Select all that apply)

- I don't have the money to buy what I want
- I don't have the confidence to wear what I want
- I don't have a defined personal style
- I don't have the right clothes in my wardrobe
- I don't think my personal style will be accepted by others
- Other (please describe):

What is your main motivation for wanting a Style Reset right now? (Select all that apply)

- I want to better use fashion as a creative outlet and/or form of expression
- I want to define and/or refine my personal style
- I want to simplify my daily style routine
- I want to clean and organize my closet
- I want to edit my wardrobe and/or build a capsule wardrobe
- I'm stuck in a style rut
- I dislike the clothes I own
- I want a new outlook on the current clothes I own
- Other (please describe):

Do you feel more or less confident depending on what you are wearing?

- More
- Less

On a scale of 1 to 10 , how coherent is your wardrobe?

1 2 3 4 5 6 7 8 9 10

I'm all over
the place

Everything
serves a
purpose

On a scale of 1 to 10 , how good are you at maximizing your wardrobe to create outfits that express your personal style?

1 2 3 4 5 6 7 8 9 10

Not at all

I'm an expert

What do you LOVE about your wardrobe?

What needs improvement in your wardrobe?

Are you committed to completing each daily task to best reset, refine and elevate your personal style?

- Yes
- No

Daily Task: **DEFINE YOUR GOAL**

Based on your responses above, outline 3 goals for your wardrobe and style. Your goals can be anything related to your wardrobe and personal style. As you proceed through the 7 Day Style Reset, you will complete each task with your ultimate style goals in mind.

Feeling stuck? Some sample goals could be:

- Clean out my closet
- Organize my closet
- Remove all clothing with the tags and resell the items
- Create 3 "go-to" outfits for work or going out
- Inventory my wardrobe and identify gaps
- Get rid of everything in my closet that is too small or too big
- Stop buying new clothes and wear what is already in my closet
- Define my personal style
- Evaluate my wardrobe to determine if it fits into my personal style
- Create a more grown-up or elevated wardrobe
- Cultivate my wardrobe to fit my personal style AND lifestyle
- Organize my shoes, accessories, and jewelry
- Add more color to my wardrobe
- Add more neutrals to my wardrobe
- Invest in more statement pieces
- To have more confidence in my wardrobe

GOAL 1

GOAL 2

GOAL 3

Daily Task Checklist

- Watch Day 1 Video Message
- Download Day 1 PDF Worksheet
- Complete Day 1 PDF Worksheet
- Comment in FB Group and share one (1) of your style goals