

# THE STYLE COACH™

## Confidence In Style

3 April 2023

Wardrobe Edit & Refresh

Shopping

Questions To Challenge Your Limiting Beliefs Around Shopping

- **Who says?**
- **Is this always true?**
- **Where, specifically, is this true?**
- **Compared to what? Whom?**
- **Can you think of a time when this wasn't true?**
- **What's stopping you from changing it?**
- **Is there an alternative?**
- **What does that look like/feel like?**
- **What would happen if you tried....?**



Images: Canva