

# THE STYLE COACH™

## Confidence In Style

25 July 2022

### Week 1: Part 1

#### Self Evaluation & Planning

- Self Evaluation Question Prompts:
  - - Why do you want to make changes to your style and confidence?
  - - How will it impact your life?
  - - How will it impact your social life/family life?
  - - When are you going to start making changes?
  - - What are your current challenges?
  - - How would you describe your current style in three words?
  - - How would you describe your ideal style in three words?
  - - Name three steps you can take to achieve your style goals.
  - - What will stop you from achieving your style goals?
  - - Is this within your control? If not, what else can you do?
  - - What new beliefs are you going to adopt in order to achieve your ideal style and confidence?