

THE STYLE COACH™

Confidence In Style

2 Feb 2022

Week 12: Part 2

Questions to reflect on:

- How did the 'No Shopping Challenge' go?
- What were the temptations? How did you resist? Why did you give in?
- What did you learn about your shopping habits?
- Look back on your goals from Week 1. Are you closer to achieving them?
- How is your confidence in yourself compared to the beginning of the course?
- How is your confidence in shopping compared to the beginning of the course?
- What else would you like to learn to fill the gaps in your style knowledge?
- What have you yet to implement from this course?
- What is the most valuable thing you have learned from this course?
- What will you do differently in the future?