

# Your Why

Before you get into the series, take a few minutes to answer the prompts below. Each of us has our own story, our own motivation, our own goals - our own "why" for wanting to look and feel good. Take a moment to think about why you want to feel great about your style. Your responses are for your eyes only, so be completely honest!

Style to me means \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When I get dressed, I feel \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When I go shopping for clothing, I feel \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What's the biggest challenge you face when you look into your closet? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 features you love on your body  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

What do I like/dislike about my style? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I decided to register for this series because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

After I finish this series, I want to feel \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# NOTES