

# MY STYLE GOALS

Name

Date

*The beginning of a new year is the ideal time to check in with your self and personal style to see how the 2 are working together - this worksheet will help you make a plan to better align them.*

The new year changed everything, what changed for you this year and how has it affected the way you get dressed or need to get dressed. To start, reflect on how your wardrobe is functioning currently. What might you change or add to your wardrobe or routine to make things run smoother? Examples: Spending more time at home and more time in my most comfy clothes. Mine personally: instead of lingering in the morning, I'll get dressed earlier, right after walking the dog.

◆ **The next year I'd like to wear MORE:**

Example: dresses, color, print

.....  
.....

◆ **This next year I'd like to wear LESS:**

Example: t-shirts, black yoga pants, fast-fashion

.....  
.....

◆ **Which closet category deserves a new years refresh?**

Example: bras, active wear

.....  
.....

◆ **How do you want to feel in your clothes in the new year, describe it with 1-3 words!**

Example: simple, cool, babe

.....  
.....

◆ **What else? Notes, inspirations, upcoming events, priorities (not attached to weight)**

Example: what are you feeling best in lately, expand slipper and robe wardrobe

.....  
.....