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## My Image Snapshot

### Does my image say what I want it to say?

Rate your reaction to each of the pair of statements. Decide where you lie on a scale of 1 to 10

1.	My appearance does not make a good first impression	1	2	3	4	5	6	7	8	9	10	My appearance makes a good first impression
2.	I can't describe the image I want to project	1	2	3	4	5	6	7	8	9	10	I clearly know the image I want to project
3.	I don't always communicate with confidence & credibility	1	2	3	4	5	6	7	8	9	10	I always communicate with confidence & credibility
4.	My wardrobe (clothing & accessories) does not reflect my personality and style	1	2	3	4	5	6	7	8	9	10	My wardrobe (clothing & accessories) reflects my personality and style
5.	Shopping for clothes is painful	1	2	3	4	5	6	7	8	9	10	I love shopping for clothes
6.	When I open my closet, I have nothing to wear	1	2	3	4	5	6	7	8	9	10	When I open my closet, I always have something to wear
7.	I buy clothes that I never wear	1	2	3	4	5	6	7	8	9	10	I buy clothes that I love and wear all the time
8.	I don't know the current fashions & often feel out of date	1	2	3	4	5	6	7	8	9	10	I know the current fashions & how to incorporate them into my wardrobe
9.	I never know what to wear	1	2	3	4	5	6	7	8	9	10	I always know what to wear
10.	I never feel well put together	1	2	3	4	5	6	7	8	9	10	I always feel well put together
<b>ADD COLUMN TOTALS</b>												<b>YOUR SCORE</b> _____

**Above 80:** You have a good sense of personal image and style. This would be a good opportunity to talk with Anne about incorporating new trends or get a closet "make over" with a fresh set of eyes!

**50-79:** You're doing well in many areas but one on one coaching would really help define your style.

**Under 50:** You may not be letting others see the unique "you". Find out how you can define your own style, look great and feel great too!

**Your name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

To book your 45 minute complimentary assessment, call 416-429-8028 or email [info@hereslookingatyou.ca](mailto:info@hereslookingatyou.ca)