



## 'Who I Admire & Why' Values Exercise

Any questionnaires or exercises you share with your Style Coach™ are confidential. They have been specially constructed to give your Style Coach™ an insight and overall picture of your thoughts, in addition to personal feelings with regard to style, confidence and other Style Coaching™ related topics. Your openness will always be treated respectfully.

We all have values which we either wish to 'move towards' or 'move away from'. In order for you to identify what your 'move towards' values are, it can be helpful to ask yourself who you admire, and consider why. Usually, people will list the values this person exhibits and those they share, or those manifested which they would like to 'move towards'.

### Exercise 1: Who do you Admire & Why?

- Make a list of the four people you admire greatly (living or dead): they can be people you know or have met, family members, people in the public eye, or those from history or fiction.
- Write, and at the same time explore 'why' you admire them, in as much detail as you can. Describe their qualities, abilities, attitudes, beliefs and character. What makes them stand out for you?

**1. A person I admire is:** \_\_\_\_\_

**I admire this person because:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. A person I admire is:** \_\_\_\_\_

**I admire this person because:** \_\_\_\_\_  
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**3.** A person I admire is: \_\_\_\_\_

I admire this person because: \_\_\_\_\_

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**4.** A person I admire is: \_\_\_\_\_

I admire this person because: \_\_\_\_\_

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**5.** A person I admire is: \_\_\_\_\_

I admire this person because: \_\_\_\_\_

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## Exercise 2: What's Most Important to You?

**1. What's most important to you in your work?**

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**2. What's most important to you in your family life?**

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**3. What's most important to you in your friendships?**

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**4. What's most important to you in your relationship with your children / spouse / other?**

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**5. What's most important to you when you think about the future?**

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**6. What's most important to you when you think about your quality of life on a day-to-day basis?**

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## Exercise 3: Living a Value-Led Life

For each value you have listed, take note whether it is a 'Dormant' value, 'Active' value, or a 'Compromised' value. Then ask yourself the following questions:

- How can you activate your dormant values?
- How can you stop compromising your values?
- Considering your current hierarchy, do you think you are putting 'first things first'?
- Do you need to re-order your values? (re-evaluate)
- Does knowing your order of values help you to take more focused actions?
- Do your values change or does the order of them change?
- Which values guide your life most? (your primary values)
- Why are these values the most important to you?
- What would your life be like if you lived a value led life more fully?

**Think for a moment of a job you really didn't like and were unhappy doing.**

- Bring to mind the issues and incidences that arose while you were there and what bothered you about them.
- For instance, was it the way people were treated?
- If you can't think of a job, maybe it was a time or incident when you were at school, at college, or when you were growing up.

**Ask yourself:**

- Which values were active?
- Which values were dormant?
- Which values were being compromised?
- Which values were violated?

Notes:

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## What Do Your Clothes Say About You?

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### Part A)

What do your clothes *currently* say about you in the following situations? Which messages do you think might be being portrayed by your clothes at the moment?

### Part B)

Also consider what you would *ideally* like for your clothes to say by asking yourself the following questions:

- Name some of your personality traits that you would love to express.
- Name some of the messages you would like to get across.
- Can you picture which style you would choose & which colours would look good?
- Also, what would be appropriate for each situation?

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**A) What do your clothes *currently* say about you in your workplace:**

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**B) What would you *ideally* like for your clothes to say about you in your workplace:**

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**A) What do your clothes *currently* say about you **at home**?**

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**B) What would you *ideally* like for your clothes to say about you **at home**?**

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**A) What do your clothes *currently* say about you **when you meet your bank manager / accountant / give a business presentation**?**

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**B) What would you *ideally* like your clothes to say about you **when you meet your bank manager / accountant / give a business presentation**?**

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**A) What *have* your clothes said about you *in the past* **when attending a wedding**?**

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**B) What would you *ideally* like for your clothes to say about you in the future **when attending a wedding**?**

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**A)** What do your clothes *currently* say about you **when you are on a day out with your family?**

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**B)** What would you *ideally* like for your clothes to say about you **when you are on a day out with your family?**

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**A)** What would your clothes *currently* say about you if you were **on a first date?**

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**B)** What would you *ideally* like for your clothes to say about you if you were **on a first date?**

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**A)** What would your clothes *currently* say about you if you were to **attend a job interview?**

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**B)** Ideally, what would you like for clothes to say about you when you whilst **attending a job interview**?

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**A)** What do your clothes *currently* say about you when you are **on a night out with your friends**?

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**B)** Ideally, what would you like for your clothes to say about you when you are **on a night out with your friends**?

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**A)** What would your clothes *currently* say about you if you were **at a friend's dinner party**?

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**B)** Ideally, what would you like for your clothes to say about you if you were **at a friend's dinner party**?

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## 'Body Image' Exercises

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These body image exercises will help you to utilise the understanding, that by focusing on the positive aspects of your appearance, you will begin **breaking out of the negative cycle** of just seeing things that you don't like about yourself. Also, by asking others to tell you what they see, you'll be offered an alternative perspective and given an insight into other ways of looking at yourself.

### Exercise 1:

In a light-hearted way, make a list of five things you *like* about your appearance. At least two of the things on your list need to be above the neck and at least two should be below the neck.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Ask your partner or a close friend to do the same for you.

Spend some time thinking about the two lists:

- How do you feel about them?
  - What are your automatic thoughts about the other person's list?
  - Do you agree with them? Do you believe them?
  - Focus your mind on the body parts you mentioned. How do you now feel about them?
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**Now take the time to re-write your list:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Compare the new and original list:

- Has the list changed?
- Why or why not?

## Exercise 2:

In the “Real Me” section below, write the qualities that best describe **how you see yourself today**. Try to be as objective as possible; focus on your body and your personality.

In the “Ideal Me” section, write all the qualities that you would like to possess. Focus on what you ‘want to be’ rather than on what ‘you are’ physically and psychologically. The lists can be as long or as short as you like, as long as they are honest.

[illegible]

**Now, take time to consider differences between the two sections:**

- Where did the words in the “Ideal Me” column come from?
- Which experiences have led you to believe that these qualities are desirable?
- Are these qualities realistic for you?
- If yes, why do you think these qualities might make you a better or more complete person? If no, why are they on the list?

**At this point, focus on the things you love about yourself, thinking about ways in which you can accentuate your favourite physical features, through clothes and accessories, remembering the list from Exercise 1.**

**Now, fill in the Real Me and Ideal Me lists for a second time:**

[illegible]

**Notice: are the lists different this time? Why or why not?**

You should now be starting to challenge the way you see yourself and beginning to work on changing any negative thoughts, or core beliefs, which may have dictated the way in which you have seen yourself for so long.

### Exercise 3:

This can be a great exercise if you wish to lose weight. Complete the sentence “When I lose weight I’ll...” Focus on all the plans you have been putting off until you have lost weight.

**For example: “When I lose weight I’ll...”**

- “go on a sunny holiday”
- “invest in new clothes”
- “socialise more”
- “join the dance class I saw in the paper”
- “ask the guy / girl of my dreams to go on a date with me”
- “enter the singing competition I’ve been thinking about”
- “go for that job promotion”
- “go on a skiing trip with my friends”
- “start trying for a baby”

After writing these ambitions, ask yourself whether you could achieve each ambition at your current weight?

When I lose weight I’ll...	Is this achievable at my current weight?
_____	Yes <input type="checkbox"/> No <input type="checkbox"/>
_____	Yes <input type="checkbox"/> No <input type="checkbox"/>
_____	Yes <input type="checkbox"/> No <input type="checkbox"/>
_____	Yes <input type="checkbox"/> No <input type="checkbox"/>
_____	Yes <input type="checkbox"/> No <input type="checkbox"/>
_____	Yes <input type="checkbox"/> No <input type="checkbox"/>

For those things you can achieve now, you must stop procrastinating! For those you feel you can’t, examine why, and then take time to question your justification:

- Do you really believe your justifications or are they, in truth, a convenient excuse?
- What is your plan?
- Start challenging any negative beliefs!

In doing this you’ll be challenging the reasons why you want to lose weight and separating weight loss from other aspirations. Think of this list every time you think to yourself “When I lose weight I’ll...”

# What's Your Style Personality? (M)

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## STYLE PERSONALITY ONE

<input type="checkbox"/>	You take good care of your appearance
<input type="checkbox"/>	You place great importance on finer details
<input type="checkbox"/>	You invest time in careful grooming & hairstyling
<input type="checkbox"/>	You often wear aftershave
<input type="checkbox"/>	You always choose luxury and buy quality items
<input type="checkbox"/>	Your wardrobe contains cashmere, silk & velvet
<input type="checkbox"/>	You like shopping but only make careful purchases
<input type="checkbox"/>	You have more than a single wrist watch
<input type="checkbox"/>	You choose healthy food options & exercise often
<input type="checkbox"/>	You care for clothes & iron items before hanging
<input type="checkbox"/>	Your belt and shoes are always right for the outfit
<input type="checkbox"/>	You have a clean & tidy home
<input type="checkbox"/>	You shop where you receive good customer service
<input type="checkbox"/>	You like to wear dress shirts with French cuffs
<input type="checkbox"/>	You check the mirror to make final adjustments
<input type="checkbox"/>	You like to wear scarves, gloves & sometimes hats
<input type="checkbox"/>	You have neatly trimmed nails & are well-groomed
<input type="checkbox"/>	Your hair is styled but has gentle movement
<input type="checkbox"/>	You always dress appropriately for the occasion
<input type="checkbox"/>	You believe that to get it right it is all in the detail
<input type="checkbox"/>	You prefer to buy quality over quantity

## STYLE PERSONALITY TWO

<input type="checkbox"/>	You like suits & feel comfortable in business wear
<input type="checkbox"/>	You prefer smart trousers to jeans
<input type="checkbox"/>	You don't follow fashion, but prefer a timeless look
<input type="checkbox"/>	You like to appear well turned-out
<input type="checkbox"/>	You are a man of traditions
<input type="checkbox"/>	You always opt for classic colour combinations
<input type="checkbox"/>	You choose safe & avoid taking wardrobe risks!
<input type="checkbox"/>	You shop in a few trusted & predictable shops
<input type="checkbox"/>	You like to tuck shirts in and like to wear a belt
<input type="checkbox"/>	You enjoy sports, but usually those with rules!
<input type="checkbox"/>	You wear classic shoe styles
<input type="checkbox"/>	You have a timeless hairstyle you rarely change
<input type="checkbox"/>	You have one classic, quality wristwatch
<input type="checkbox"/>	You consider your style inoffensive & understated
<input type="checkbox"/>	You shop when you have to, not as a hobby!
<input type="checkbox"/>	Your wardrobe is neat, tidy and well-organised
<input type="checkbox"/>	Even when casual you have a refined, formal look.
<input type="checkbox"/>	You often carry a briefcase
<input type="checkbox"/>	You have a safe & predictable hair styling routine
<input type="checkbox"/>	You never wear fashion accessories
<input type="checkbox"/>	You feel most comfortable in a shirt & tie

## STYLE PERSONALITY THREE

<input type="checkbox"/>	You have great fun with your wardrobe choices
<input type="checkbox"/>	You like to express your individual personality
<input type="checkbox"/>	Your wardrobe is varied, and unconventional
<input type="checkbox"/>	You prefer one-off shops to high-street retailers
<input type="checkbox"/>	You like to wear unusual colour combinations
<input type="checkbox"/>	You may feel stifled by formal wear
<input type="checkbox"/>	You buy what catches your eye and avoid planning
<input type="checkbox"/>	Your outfits reflect your mood on the day
<input type="checkbox"/>	Your style is unique & unpredictable
<input type="checkbox"/>	You like to collect - belts, ties, shoes, cufflinks!
<input type="checkbox"/>	You enjoy browsing markets stalls & vintage shops
<input type="checkbox"/>	You may be a hoarder & can see use for everything
<input type="checkbox"/>	Your clothes are a collection from different decades
<input type="checkbox"/>	You may be artistic, musical or enjoy writing!
<input type="checkbox"/>	You like accessories & often wear statement pieces
<input type="checkbox"/>	Your hairstyle may be textured, loose, or coloured!
<input type="checkbox"/>	You like to jazz up outfits to make them your own
<input type="checkbox"/>	You're not a "fashion follower"
<input type="checkbox"/>	You're not concerned about the opinions of others
<input type="checkbox"/>	You buy one-off pieces rather than complete outfits
<input type="checkbox"/>	You take pride in your brave style combinations



# What's Your Style Personality? (M)

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<input type="checkbox"/>	You're not a "fashion follower"
<input type="checkbox"/>	You're not concerned about the opinions of others
<input type="checkbox"/>	You buy one-off pieces rather than complete outfits
<input type="checkbox"/>	You take pride in your brave style combinations



# What's Your Style Personality? (M)

## STYLE PERSONALITY THREE

<input type="checkbox"/>	You buy men's fashion magazines regularly
<input type="checkbox"/>	You love to keep up with the latest must-haves
<input type="checkbox"/>	You follow the latest fashion trends
<input type="checkbox"/>	You enjoy shopping for clothes and new gadgets!
<input type="checkbox"/>	You love to socialise and make an entrance
<input type="checkbox"/>	Your wardrobe is full of designer labels
<input type="checkbox"/>	Practicality is not a consideration!
<input type="checkbox"/>	You may like fast cars, and a fast lifestyle!
<input type="checkbox"/>	You buy many grooming products & use them!
<input type="checkbox"/>	You have a skin care routine & style your hair daily
<input type="checkbox"/>	You often have expensive impulse buys
<input type="checkbox"/>	You have shoes & accessories for every occasion
<input type="checkbox"/>	You change your hairstyle to keep it up-to-date
<input type="checkbox"/>	You have good body confidence
<input type="checkbox"/>	You may have tattoos and / or trimmed facial hair
<input type="checkbox"/>	You like to wear splashes of colour for effect
<input type="checkbox"/>	You like to reinvent yourself & try new looks
<input type="checkbox"/>	Your wardrobe is full of trendy must-haves
<input type="checkbox"/>	You take your style seriously, but enjoy it a lot
<input type="checkbox"/>	You always think about outfits, even everyday wear
<input type="checkbox"/>	You are confident in your masculinity

## STYLE PERSONALITY FOUR

<input type="checkbox"/>	Feeling comfortable is your top priority!
<input type="checkbox"/>	Your hair is often casual, unfussy & tousled!
<input type="checkbox"/>	You have a relaxed, laid-back attitude to your look
<input type="checkbox"/>	You love jeans, cargo pants & drawstring slacks
<input type="checkbox"/>	You feel uncomfortable in formal business wear
<input type="checkbox"/>	You get impatient & bored with shopping
<input type="checkbox"/>	You see grooming as a necessary chore
<input type="checkbox"/>	To you, clothes should always be fuss-free & fast!
<input type="checkbox"/>	You like loose-fitting clothes for active living!
<input type="checkbox"/>	You often wear whatever is at hand & ready to go
<input type="checkbox"/>	You rarely iron clothes & like easy-care fabrics
<input type="checkbox"/>	You visit the hairstylist when you "must"
<input type="checkbox"/>	You often have "designer" stubble!
<input type="checkbox"/>	When you wear a bag it must be hands-free
<input type="checkbox"/>	Your favourite footwear are trainers & sandals
<input type="checkbox"/>	You wear a multi-functional watch most of the time
<input type="checkbox"/>	Your wardrobe's full of casual & sportswear
<input type="checkbox"/>	You dislike tight, constricting clothes
<input type="checkbox"/>	You get ready to go out in 30 minutes or less
<input type="checkbox"/>	You'd choose practically over making a statement
<input type="checkbox"/>	Your house is comfortable, homely, warm & cosy!

MOSTLY GROUP ONE:

**ROMANTIC STYLE PERSONALITY**

MOSTLY GROUP TWO:

**CLASSIC STYLE PERSONALITY**

MOSTLY GROUP THREE:

**CREATIVE STYLE PERSONALITY**

MOSTLY GROUP FOUR:

**DRAMATIC STYLE PERSONALITY**

MOSTLY GROUP FIVE:

**NATURAL STYLE PERSONALITY**







## Body Analysis Form for Style Coach™ (M)

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**Client's Name:** \_\_\_\_\_

**Client's actual measurements:**

Height \_\_\_\_\_ Waist \_\_\_\_\_ Chest \_\_\_\_\_ Collar \_\_\_\_\_

Sleeve \_\_\_\_\_ Inside Leg \_\_\_\_\_ Outside Leg \_\_\_\_\_

Shoe Size \_\_\_\_\_

Petite (under 5' 3") ☐

Average (5' 3" - 5' 6") ☐

Tall (over 5' 6") ☐

**What are my client's positive body features?**

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**What are my client's not-so-positive features?**

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**How would I describe my client's body shape & proportions?**

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**Looking at my client's 'Body Feature List', what could be helpful in turning the negatives into positives?**

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**And looking again at the list, how can I enhance, draw attention to and make the most of the positive features?**

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**What else have I noticed that I would like to help my client with, in terms of body language, confidence, negative habits, etc?**

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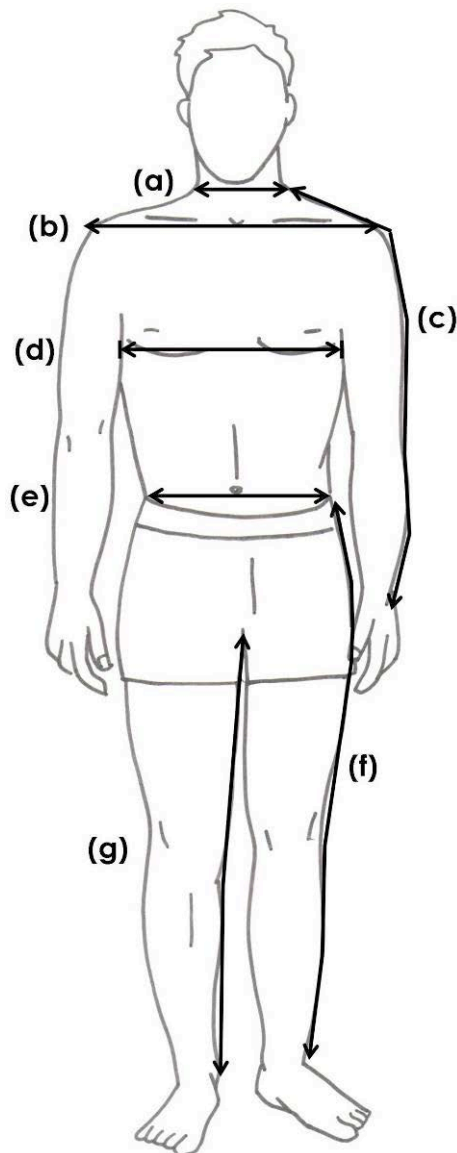


## Measurement Minder (Men)

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Name: \_\_\_\_\_

Date: \_\_\_\_\_



A. My collar measurement: \_\_\_\_\_

B. My shoulders measure: \_\_\_\_\_

C. My sleeve measurement: \_\_\_\_\_

D. My chest measures: \_\_\_\_\_

E. My waist measures: \_\_\_\_\_

F. My outside leg measures: \_\_\_\_\_

G. My inside leg measures: \_\_\_\_\_

Additional notes:

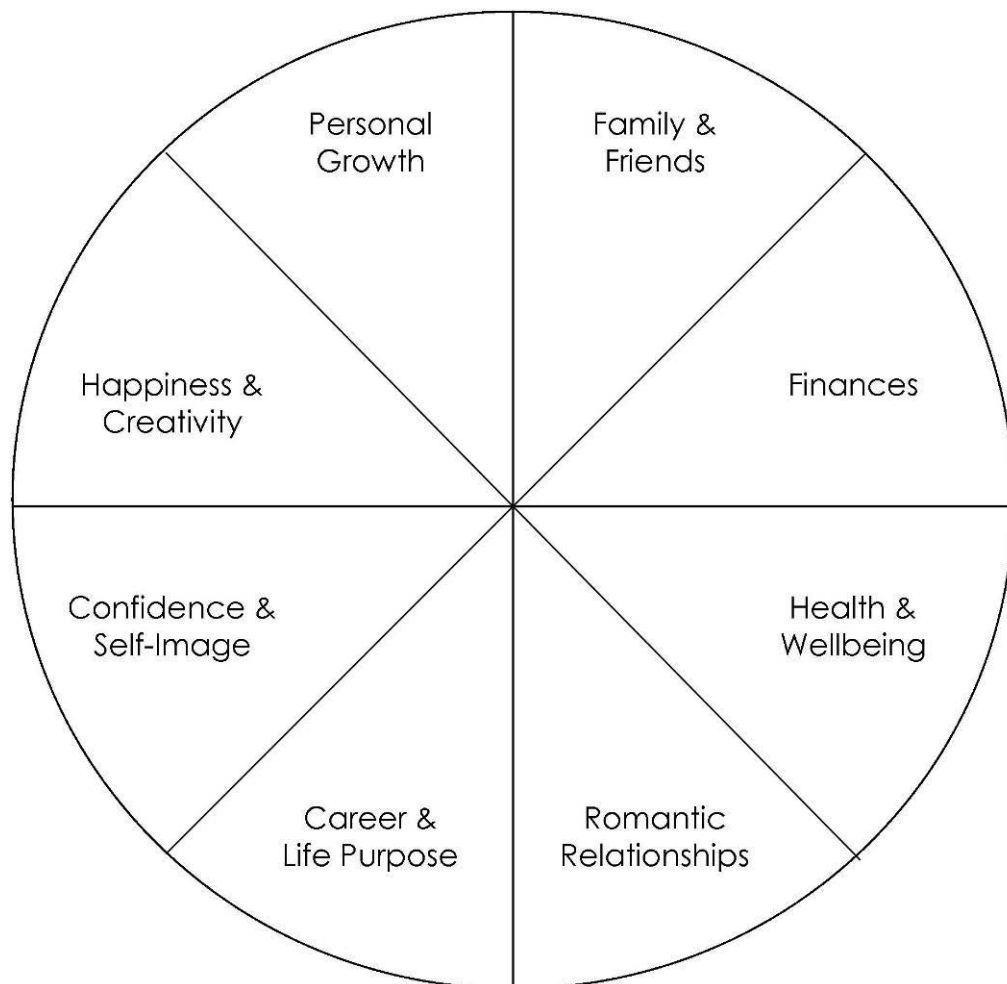
My shoe size is: \_\_\_\_\_

My centre back length is: \_\_\_\_\_



## The Wheel of Life

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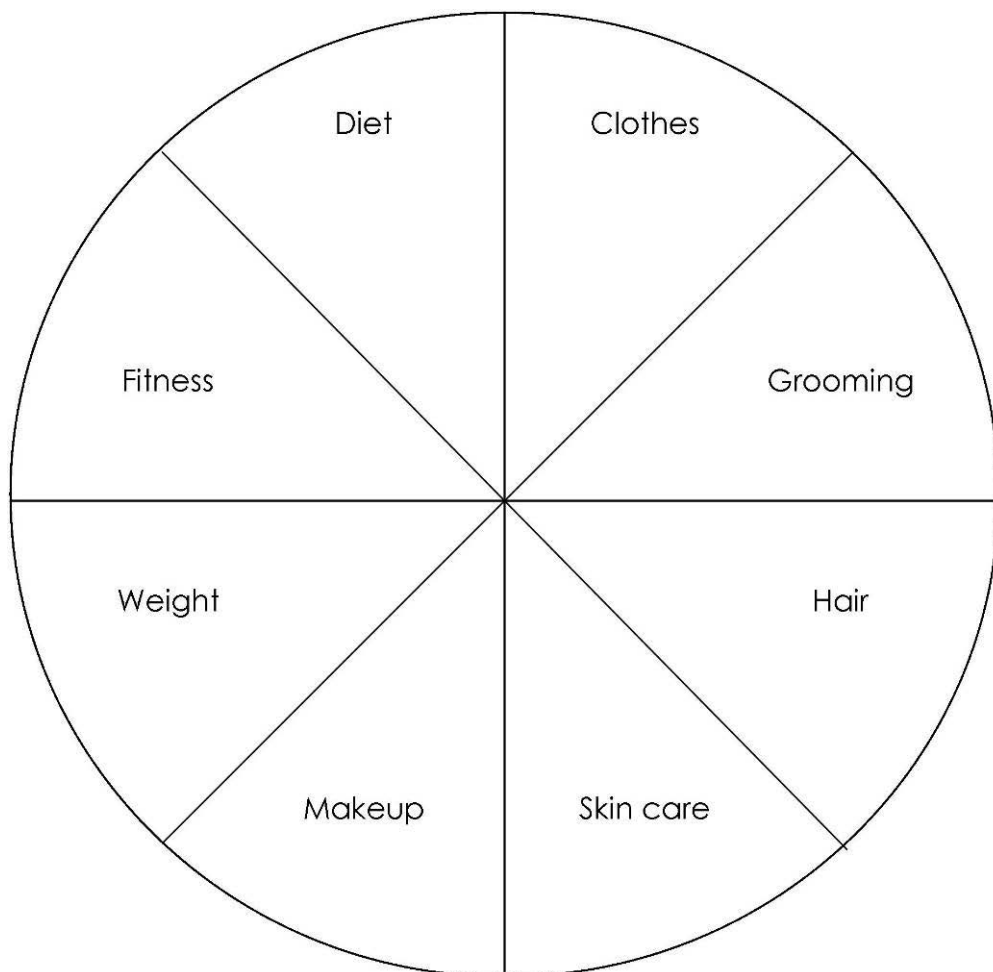


**Starting from the centre of the wheel, shade in each segment to match your own degree of satisfaction. A area completely shaded would signify 100% satisfaction.**



## The Wheel of Appearance

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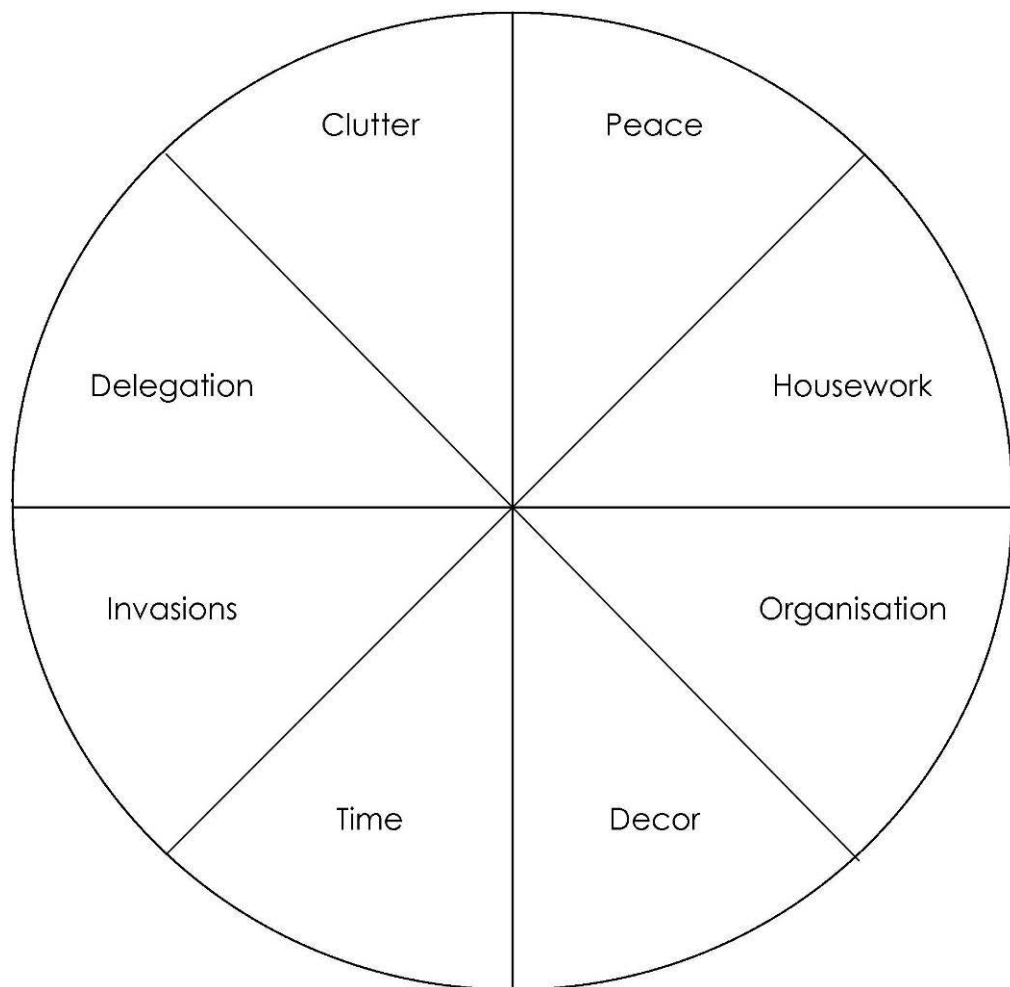


Starting from the centre of the wheel, shade in each segment to match your own degree of satisfaction. A area completely shaded would signify 100% satisfaction.



## The Wheel of Environment

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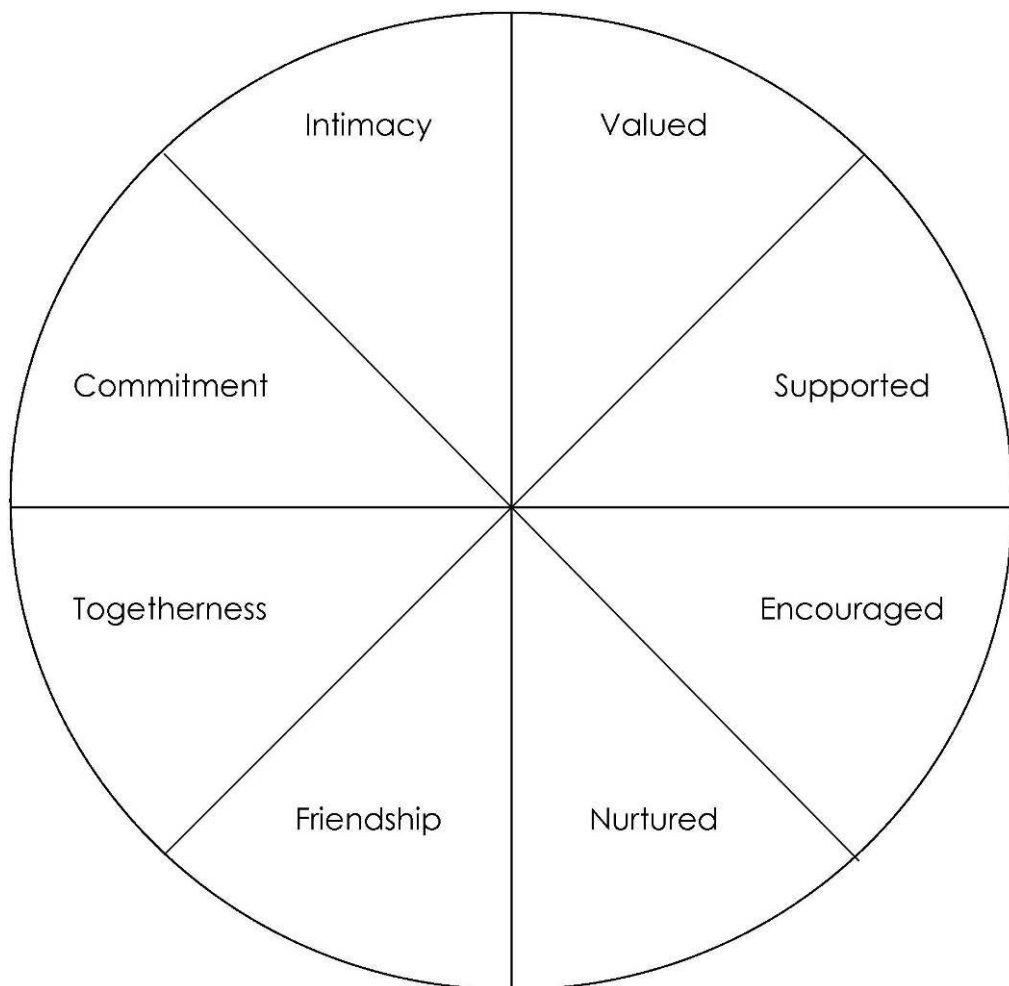


Starting from the centre of the wheel, shade in each segment to match your own degree of satisfaction. A area completely shaded would signify 100% satisfaction.



## The Wheel of Relationships

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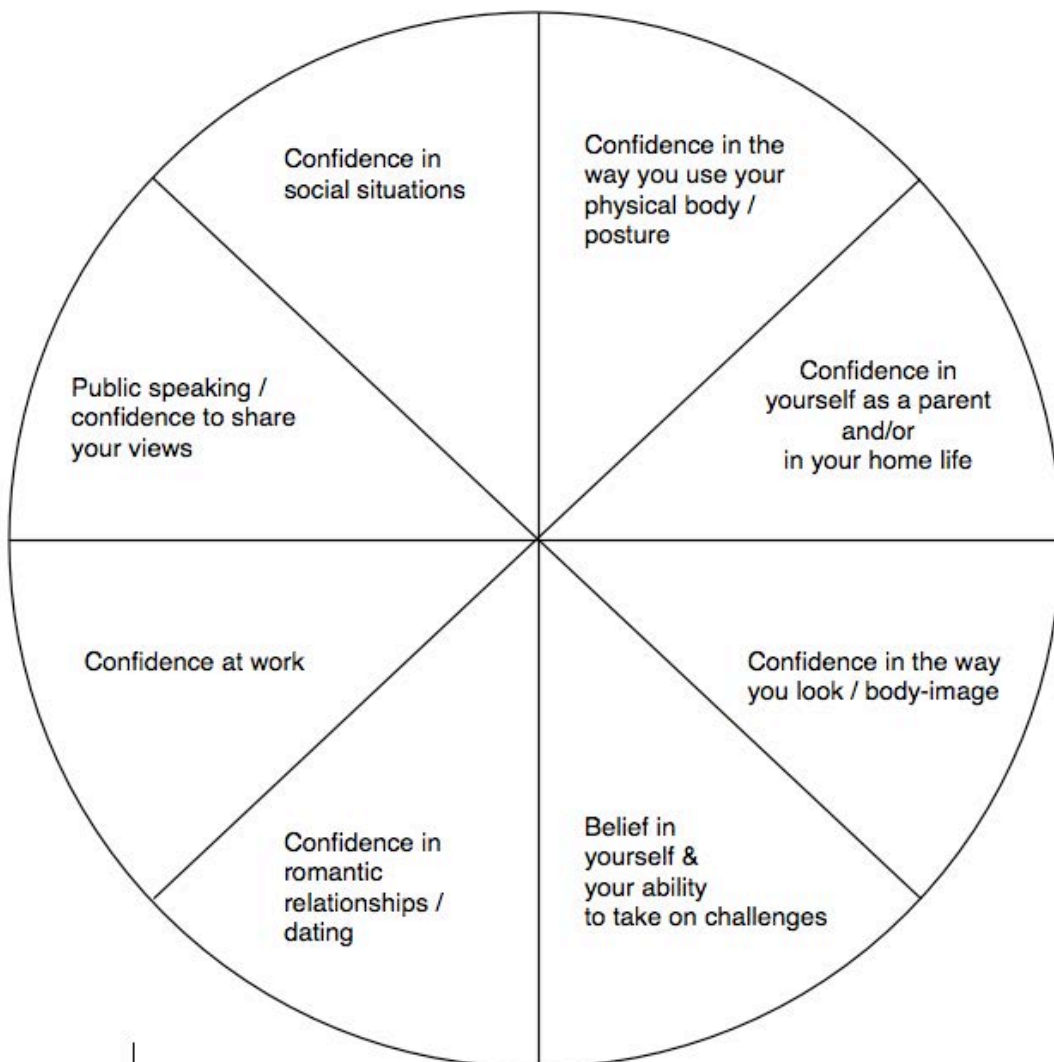


Starting from the centre of the wheel, shade in each segment to match your own degree of satisfaction. A area completely shaded would signify 100% satisfaction.



## The Wheel of Confidence

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Starting from the centre of the wheel, shade in each segment to match your own degree of satisfaction. A area completely shaded would signify 100% satisfaction.