

Your Stylist in a Box Card 1 Quiz

Use this quiz to help you think about your confidence levels and habits. Revisit in six months to see if you've been able to make any helpful changes to areas that you were unhappy with.

Rate the following in terms of your happiness with your current state.

Aspect	(very unhappy)	(unhappy)	(indifferent)	(Generally happy)	(Very happy)
PHYSICAL APPEARANCE					
Skin					
Feet					
Legs					
Torso					
Arms					
Hands					
Neck					
Head/Face (eyes, eyebrows, nose, cheekbones, jaw shape, face shape, mouth, and teeth)					
Ears					
Hair					
Using makeup					
Posture					
What I would like to change is					
LOOKING AFTER MYSELF					
Habits like smoking/drinking alcohol					
Water consumption					
Exercise					
Diet					
Sleep					
What I would like to change is					
CONFIDENCE					
Around friends and family					
Around work colleagues					
In situations I find difficult					
Voice					
What I would like to change is					
WARDROBE & DRESSING					
General feeling about getting dressed					
Having clothes for all events in my life					
Choosing new clothes					
What I would like to change is					

