

# Personal Style Assessment Worksheet

## 1. Personal Details

Name

Date

## 2. Style Inspiration

Who are your style icons?

Brands/designers you admire

## 3. Lifestyle & Activities

Describe your daily routine and activities

Main dress codes needed (e.g., work, casual, active)

## 4. Current Wardrobe

Favorite clothing pieces

Least favorite clothing pieces

Colors & patterns you gravitate towards

## 5. Fit & Comfort

Preferred fits (slim, relaxed, tailored, etc.)

Fabrics you like/dislike

## 6. Goals & Challenges

Style goals / how would you like your style to be described?

Style challenges or frustrations

## 7. Notes & Action Steps

Notes / Next steps