

Is Your Image Working For You?



*A Self-Reflection Guide
for Clarity & Alignment*

Welcome to Your Self-Reflection Guide



There are moments in life when everything appears to be in place — and yet something feels slightly out of alignment.

You may be capable, experienced, and accomplished. And still, when you prepare for your day, walk into a room, or catch your reflection, you sense a quiet disconnect between who you are and how you're showing up.

This guide is an invitation to pause. It's not about fashion rules, trends, or quick fixes. And it's not about changing who you are. Instead, it offers space to reflect on whether your image currently reflects:

- who you are today
- how you feel about yourself
- and where you may be heading next

There are no right or wrong answers here. Only awareness. Take your time as you move through these pages. Read slowly. Notice what resonates, and what causes you to pause. If questions arise, that's not something to fix — it's something to honour.

"Awareness is the first step towards alignment."

This self-reflection guide is designed to be the starting point of your *Inspiring Image* journey. By taking time to understand who you are at your core, you create the foundation for an image that feels natural, aligned, and authentic. From there, your style can begin to reflect your inner essence, expertise, energy, and the way you naturally move through the world — how you walk, speak, and show up each day.

HOW TO USE THIS GUIDE

Read each question slowly. There are no right or wrong answers — only honest ones. Notice where you feel ease, resistance, or pause. You may wish to jot down any thoughts or observations that arise.

Your Inner Alignment

1. When you look in the mirror, do you recognise the woman you see — or does she feel slightly out of date?
2. Do your clothes reflect who you are now, or who you used to be?
3. Do you feel confident in how you present yourself before you speak?
4. Does your image support your sense of self, or do you adapt it depending on the room you're in?
5. When you get dressed, do you feel grounded and intentional — or rushed and uncertain?

Your Wardrobe & Ease

6. Do you have clothes you love, yet still feel you have “nothing to wear”?

7. Does getting dressed feel effortless, or mentally draining?

8. Do you rely on a small rotation of “safe” outfits?

9. Are there items in your wardrobe that no longer feel like you, but you keep anyway?

10. Do you trust your choices when putting outfits together?

Your Presence & Perception

11. Do you feel seen and taken seriously in professional or social settings?
12. Does your image match the level of credibility, experience, or ambition you hold?
13. Are you ever overlooked or underestimated because of how you look?
14. Do you dress with intention for important moments — meetings, events, transitions?
15. Does your appearance support the impression you want to leave behind?

Your Colour & Style Expression

16. Do you know which colours genuinely support your energy and presence?
17. Do you understand why certain styles work for you — and others don't?
18. Are you influenced more by trends and social media than by self-knowledge?
19. Do your clothes express your personality, or simply blend in?
20. Does your image feel expressive — or restrained?

Your Confidence, Change & Readiness

21. Are you at a point of transition — personally, professionally, or emotionally?

22. Do you feel ready to stop second-guessing how you look?

23. Are you open to understanding your image at a deeper, more intentional level?

24. Would greater clarity around your image free up energy, confidence, or focus?

25. Does the idea of alignment — inside and out — feel important right now?

Your Image Impact

26. Do you feel your presence is consistent with the woman you are becoming — not just who you've been?
27. Are you conscious of how your posture, gestures, and facial expressions influence how others perceive you?
28. Do you feel confident navigating professional and social environments with ease and self-assurance?
29. Does your communication — verbal and non-verbal — support your authority, warmth, and credibility?
30. Do you feel you have a recognisable signature presence that others remember?

Where To Go From Here

If this guide has prompted reflection, raised questions, or helped you notice areas of misalignment, that's a meaningful place to be.

Awareness often comes before change. And noticing the gap between who you are and how you show up is not something to rush or fix — it's something to acknowledge.

For some women, this reflection is enough for now. For others, it marks the beginning of a deeper desire for clarity, confidence, and alignment. If you feel ready to explore that further, support can make the journey feel clearer and far more intentional.

When you're ready, you're warmly invited to:

- Make an enquiry to explore how we might work together in a way that feels right for you.
<https://inspiringimage.com/contact>
- Begin the Fabulous Style Freedom Programme. A guided, personalised experience designed to help you align your image with your identity, lifestyle, and aspirations — with confidence and ease. <https://inspiringimage.com/fabulous-style-freedom>
- If you have any questions, you're also very welcome to get in touch directly at:
hello@inspiringimage.com

There is no pressure to decide anything now. Simply trust what you've noticed. Sometimes recognising the question is the first step towards becoming more fully yourself.