



THE  
Wheel of *Style*®

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To strengthen your self-confidence, it's important that you become clear about where you currently stand. Only when you have clarity and know where you stand can you make changes and increase your self-confidence.

That's why I developed the Wheel of Style.

The center of the circle corresponds to 0%, and the outer ring of the circle corresponds to 100%. Now, take one area at a time and rate yourself on a scale from 10% (unsatisfied) to 100% (couldn't be better) to determine where you are today. For example, you could rate yourself 70% on your skin condition, 50% on your makeup, 40% on your haircut, 90% on your hair color, 30% on your well-being, and 60% on your body satisfaction.

After you've completed your ratings, fill in the spaces of your wheel. Now, take a look at your wheel. This way, you'll recognize where there are deficits and have a starting point to increase your self-confidence.

If you're like most people, your wheel is somewhat unbalanced! The same goes for your self-confidence. If certain areas are unbalanced, this can lead to a lack of self-confidence, which in turn can affect your personal and professional life.

♥ Ioanna

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