

Visible™

Is Your Wardrobe Still Reflecting Who You Are?

A Quick Thought Before We Begin

Sometimes I wonder how many of us are wearing clothes that fit our lives but no longer reflect who we are?

Not because we stopped caring, or maybe we did...but also because life got busy, responsibilities grew and our priorities changed. Somewhere along the way we got into the habit of choosing what works rather than what lights us up.

This is not a fashion quiz. It is simply an invitation to get curious.

Answer each question honestly and see what you discover.

The Quiz

For each question choose the answer that feels most like you.

QUESTION 1

When you look in your wardrobe, what is your first thought?

- [ ] A. “It does the job.”
- [ ] B. “It could probably do with a refresh.”
- [ ] C. “There are pieces I love but I do not wear them enough.”
- [ ] D. “It feels like a good reflection of me.”

QUESTION 2

How often do you wear something simply because you love it?

- [ ] A. “Rarely.”
- [ ] B. “Occasionally.”
- [ ] C. “Quite often.”
- [ ] D. “Most days.”

QUESTION 3

Which statement feels most true?

- [ ] A. “My clothes are mainly practical.”
- [ ] B. “My clothes suit my lifestyle.”
- [ ] C. “My clothes show some of my personality.”
- [ ] D. “My clothes feel like an extension of who I am.”

The Quiz

QUESTION 4

How do you feel when you see a piece of clothing that really catches your eye?

- [ ] A. “It is probably not for me.”
- [ ] B. “I admire it on other people.”
- [ ] C. “I wonder whether I could wear it.”
- [ ] D. “I am tempted to try it.”

QUESTION 5

When was the last time you tried something different with your style?

- [ ] A. “I honestly cannot remember.”
- [ ] B. “A few years ago.”
- [ ] C. “Within the last year.”
- [ ] D. “Quite recently.”

QUESTION 6

How much thought do you give to how your clothes make you feel?

- [ ] A. “Very little.”
- [ ] B. “Occasionally.”
- [ ] C. “Quite a bit.”
- [ ] D. “A lot.”

QUESTION 7

Do you own clothes you once loved but no longer wear?

- [ ] A. “Lots.”
- [ ] B. “Quite a few.”
- [ ] C. “A handful.”
- [ ] D. “Very few.”

The Quiz

QUESTION 8

Which statement feels most like you?

- [ ] A. “I dress to blend in.”
- [ ] B. “I dress to be appropriate.”
- [ ] C. “I dress to feel comfortable.”
- [ ] D. “I dress to feel like myself.”

QUESTION 9

How often do you feel completely confident in what you are wearing?

- [ ] A. “Rarely.”
- [ ] B. “Sometimes.”
- [ ] C. “Often.”
- [ ] D. “Most of the time.”

QUESTION 10

If your wardrobe could talk, what would it say?

- [ ] A. “Playing it safe.”
- [ ] B. “Sticking with what works.”
- [ ] C. “Beginning to evolve.”
- [ ] D. “This is me.”

Scoring

A = 1

B = 2

C = 3

D = 4

_____

Your Results

10–17

Somewhere Along The Way

Life has a habit of reshuffling our priorities.

Sometimes our wardrobe becomes one of the things that quietly gets left behind.

If this score surprised you, it may be worth asking why.

18–25

A Few Clues

There are signs of you here.

Hints of personality and glimpses of self-expression.

Perhaps there is more waiting to be explored.

26–33

More Than Practical

Your wardrobe appears to hold more of your personality than you may realise.

There is a sense that you know what you like even if you do not always choose it.

34–40

Closer Than You Think

Yes! Your wardrobe seems to reflect many aspects of who you are today.

Even so, there is always something interesting to discover when we become more curious about the choices we make.

A Final Reflection

The older I get, the more I believe clothing is about far more than clothing.

It can tell us what we value, what we hide, what we have outgrown and what we are ready to rediscover.

The interesting question is not whether you have style. The question is whether your wardrobe is still telling the story you want it to tell.

Ready To Explore This Further?

Visible™ is a reflective workshop that uses clothing as a starting point for a much bigger conversation about confidence, self-expression and reconnecting with yourself.

Connect With Life

Helping people reconnect with themselves, one deliberate choice at a time.

From Default to Deliberate.

