

MENTAL LIFESTYLE CONSULTING

NAME:
LAST NAME:
E-MAIL ADDRESS:
PHONE:
BIRTHDAY:
OCCUPATION:

1. How did you hear about us?
2. Have you ever worked with an Image Consultant before?
3. In regards to your current wardrobe, what do you like about it?
4. Name your top three stores that you shop at for clothes, shoes and accessories?
5. If you could change two things about your look what would they be?
6. Why do you feel that you need a change, what's not working for you?
7. What Items do you find yourself wearing most often?
8. What colors do you think look Fabulous on you?

-Red	-Blue
-Orange	-Purple
-Yellow	-Pink
-Green	-Black
-Grey	-White

MENTAL LIFESTYLE CONSULTING

9. What hues are you usually drawn to ?

- Brights
- Neutrals
- Pastels
- Metallics
- Neons

10. Thoughts of change leave you feeling :

- excited
- curios
- anxious
- at ease
- nervous

11. How much money do you normally spend in a month on clothes, shoes and accessories?

- e 0-100
- e 100-250
- e 250-500
- more

12. What fashion era speaks to you most?

- Classic 50`s
- 60`s Mod
- 70`s Boho
- 80`s Glam
- 90`s Grunge
- high modern
- other

13. What is important to you when you get dressed?

- ease
- color
- style
- legacy/vintage design

MENTAL LIFESTYLE CONSULTING

14. During your typical week where are 3 places you go the most ?

- Work
- Dining Out
- School
- Outdoor Activity
- Gym
- Other

15. Check type of clothing you need the most help with?

- Casual/Everyday
- Work
- Dressy
- Special Event
- Seasonal update
- Date night

16. What do you want your Image to say about you?

- Polished
- Professional
- Sexy
- On trend
- Casual / Elegant
- other

17. In regards to your space ,what do you like about it?

18. I want to feel more (check the box) in my space:

- organised
- creative
- calm
- energised
- other

19. What interior design era speaks to you most?

- Contemporary
- French Country
- Industrial
- Bohemian
- mid Century Modern
- Rustic
- Traditional
- Hollywood Glam

MENTAL LIFESTYLE CONSULTING

20. Where do you think you need the most help in your space?

- organization
- storage
- multiple uses
- functionality
- lighting
- color

21. How much time do you spend in your space a day?

- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- more

22. If you could change things about your space what would they be?

23. Is there anything else you would like us to know?