

SELF-ASSESSMENT

This self-assessment is designed to help you reflect on your current journey as a freelance hairstylist. Take your time to answer each question thoughtfully.

1

What initially drew you to the art of hairstyling? What sparked your passion for this creative calling?

2

As you embark on this journey of conscious hairstyling, what are your biggest hopes, dreams, and aspirations for your craft and career?

3

Reflect on your current hairstyling techniques, philosophies, and practices. In what areas do you feel you have room to grow and evolve?

4

How would you describe your current approach to connecting with and understanding your clients' needs, desires, and unique beauty? How could you deepen this empathy and attunement?

5

What does being a "conscious hairstylist" mean to you at this stage? What values and intentions do you want to bring more fully into your work?

6

In what ways do you hope to make a positive impact on your clients, community, and the beauty industry through your hairstyling?

7

As you reflect on the current beauty industry, what opportunities do you see for greater inclusivity, sustainability, and empowerment? How might you contribute to that vision?

8

What self-care practices do you currently use to nurture your own well-being and creative inspiration? Where could you expand your repertoire?

9

What mentors, collaborators, or educational resources do you currently draw upon for ongoing growth and development? Where might you broaden your support network?

10

As you look ahead, what are you most excited to learn, experience, and create through the sacred art of hairstyling? What's calling to your heart?