

# POST-READING REFLECTION QUESTIONS

Now that you've completed your journey through Curls & Contemplation, take some time to reflect deeply on what you've learned and how you'll integrate these insights into your professional practice and personal growth. These thought-provoking questions will help you solidify your learning and create an actionable path forward.

## Deep Reflection Worksheet

1. Reflecting on your journey through these chapters, what new insights or strategies have you discovered that will help you advance your skills and well-being as a hairstylist?

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2. How has your understanding of leadership and mentorship in the hairstyling industry evolved, and what steps will you take to inspire and uplift others?

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3. Which self-care practices or wellness strategies discussed in the chapters resonated with you the most, and how do you plan to integrate them into your daily routine?

4. How has your perspective on continuous education and skill development changed, and what specific actions will you take to keep growing professionally?

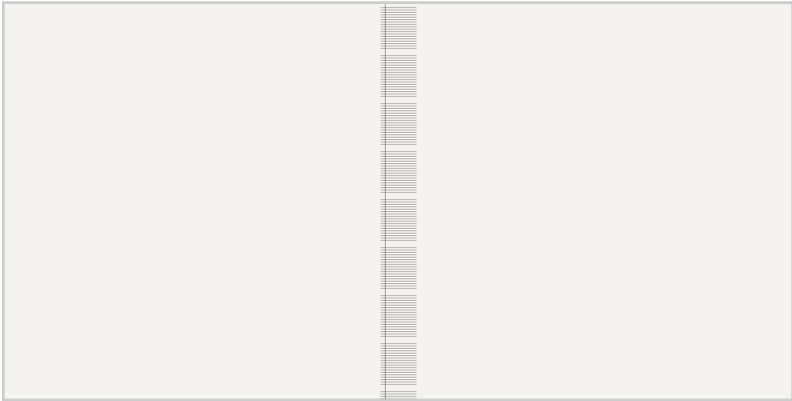
5. In what ways do you feel more empowered to make a positive impact on your clients, community, and the hairstyling industry as a whole?

6. Looking back at your initial goals when you began this book, which ones have you made progress toward? What new goals have emerged?

7. On a scale of 1 to 5, how would you rate your confidence in these areas?

## **Technical hairstyling skills**

8. What is your personal commitment statement as you move forward in your hairstyling journey?



"The journey of transformation begins with honest reflection and bold commitment to growth."