

ESSENTIAL CURATIONS

Get to know
yourself

A style & self-reflection worksheet

01 Weekly routine

Must total 7 days

Work days	days/week	
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Active / hobby days (gym, gardening, chores)	days/week	
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Social outing days (dinners, dates, events)	days/week	
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Pure lounge / stay-home days	days/week	
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Errands / chores days (grocery, appointments)	days/week	
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Travel / commute-heavy days	days/week	
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Total	/ 7	
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02 Environment styles

Check all that apply

Workplace

- ☐ Corporate (formal)
- ☐ Business casual
- ☐ Remote (WFH)
- ☐ Field / outdoor work

Home

- ☐ Relaxed lounging
- ☐ Messy hobbies (gardening, painting)
- ☐ Childcare / family time

Social

- ☐ Casual cafes
- ☐ Cocktail / dressy events
- ☐ Formal events (weddings, galas)

Travel

- ☐ Weekend getaways
- ☐ Airport / transit days