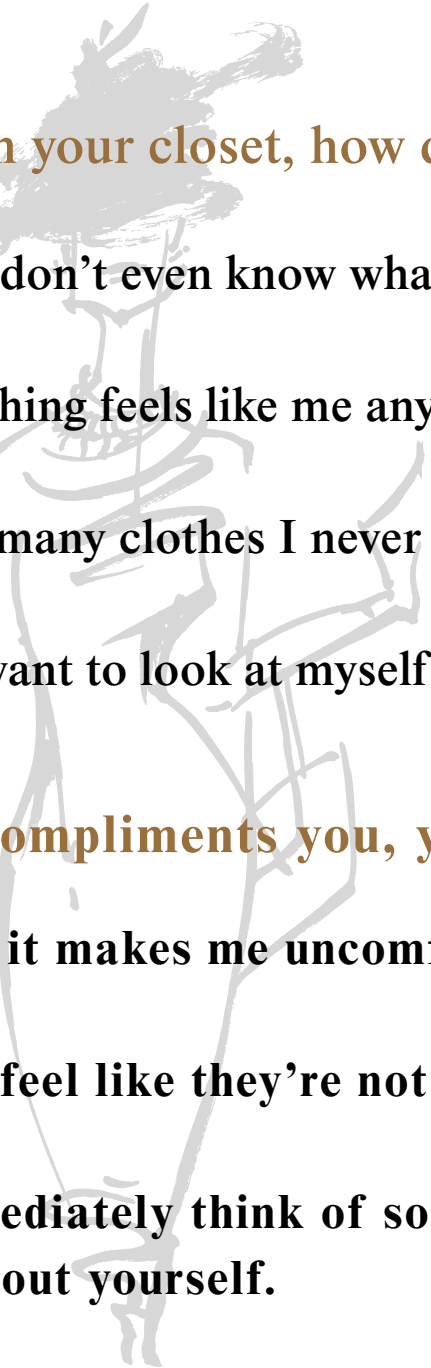


QUIZ

WHAT'S REALLY HOLDING YOU BACK FROM ITALIAN ELEGANCE?

What's Really Holding You Back From Italian Elegance?

Discover your style block and how to reclaim confidence, beauty, and la dolce vita — no matter your age or body.



Q1. When you open your closet, how do you feel?

a) Overwhelmed. I don't even know what's in there.

b) Bored. Nothing feels like me anymore.

c) Guilty. So many clothes I never wear.

d) Sad. I don't even want to look at myself in the mirror

Q2. When someone compliments you, you usually…

a) Brush it off — it makes me uncomfortable.

b) Say thank you, but feel like they're not being honest.

c) Feel seen, but then immediately think of something negative about yourself.

d) Wonder who they're even talking to — you don't feel like "that woman" anymore.

Q3. How would you describe your current relationship with style?

a) I don’t have time for it — there are more important things.

b) I try trends, but nothing really sticks.

c) I love style but feel bad spending on myself.

d) I used to care, but now I just try to blend in.

Q4. What do you admire most about Italian women’s style?

a) They always make an effort, even for simple things.

b) They know exactly who they are.

c) They dress for pleasure, not approval.

d) They seem confident in their bodies, no matter their age.

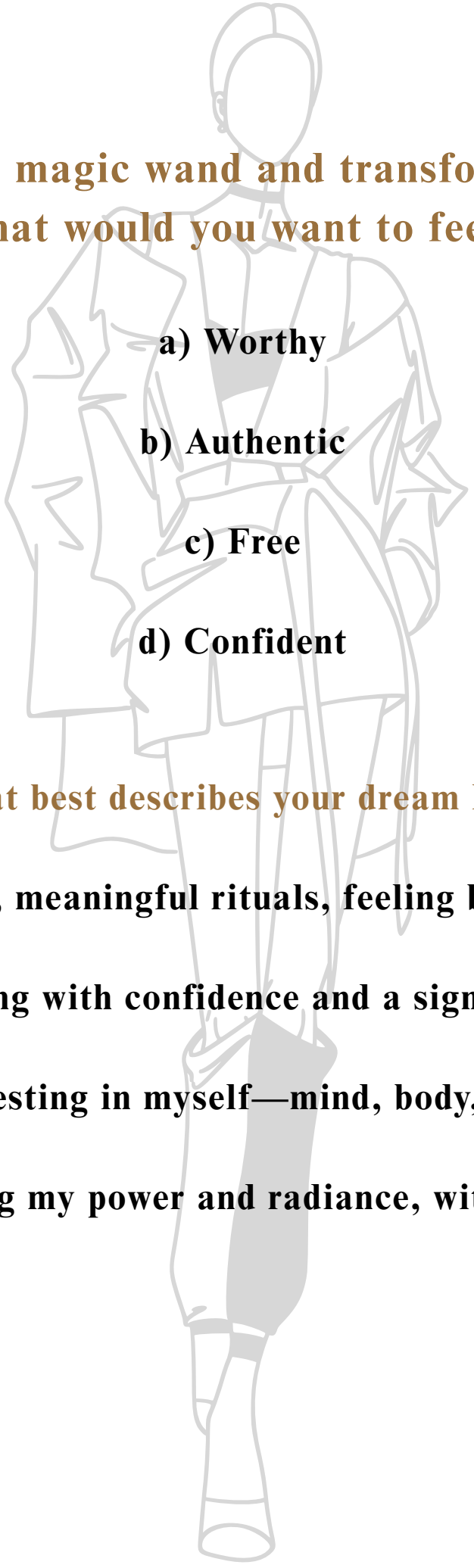
Q5. Which statement feels most like you right now?

a) I’ve spent my life looking after others—I’ve lost myself.

b) I want to feel like me, but I don’t know who that is anymore.

c) I long to dress beautifully, but it feels selfish or silly.

d) I feel invisible and want to change, but I’m scared to be seen.



Q6. If I waved a magic wand and transformed your style, what would you want to feel?

a) Worthy

b) Authentic

c) Free

d) Confident

Q7. What best describes your dream lifestyle?

a) Slow mornings, meaningful rituals, feeling beautiful every day

b) Traveling with confidence and a signature style

c) Finally investing in myself—mind, body, and wardrobe

d) Reclaiming my power and radiance, without apology

RESULT TYPES

Mostly A = The Style Martyr

You've spent years caring for others—but forgotten yourself in the process.

You've been the rock, the caregiver, the one everyone relies on. But when it comes to your own needs, desires, or beauty? You always come last.

Deep down, you crave softness, elegance, and the simple pleasure of feeling put together—but you don't know how to make that feel okay again.

Your Italian Soul Lesson:

Bella figura starts with you. You deserve to be your own masterpiece.

Try this:

Put on lipstick or a beautiful top—just for your next coffee at home. Start reclaiming beauty in small, daily rituals.

Mostly B = The Closet Chameleon

You try on trends, but nothing really feels like "you."

You've been shape-shifting for years—through roles, phases, and fast fashion. But now, nothing in your wardrobe feels true.

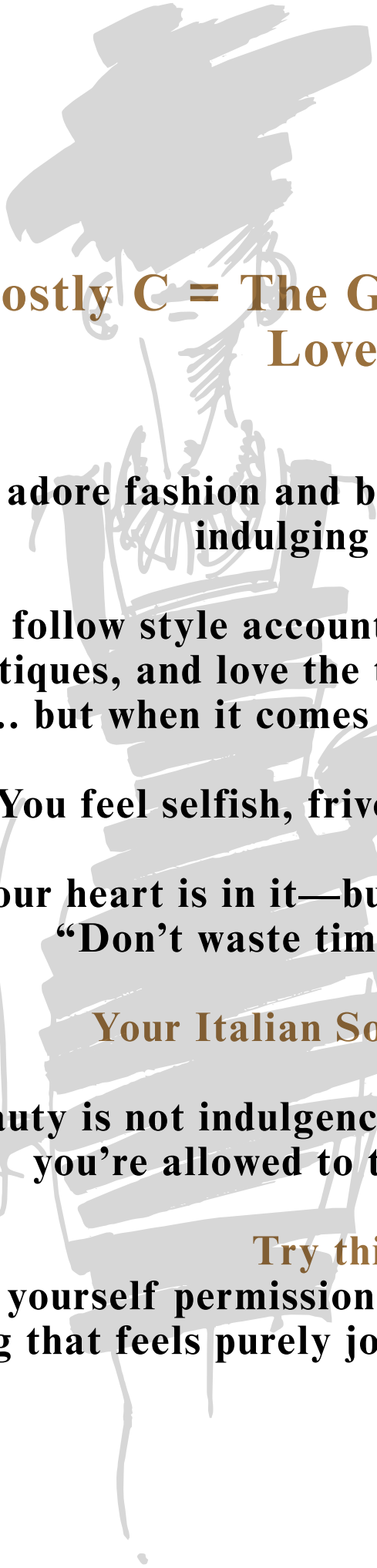
You admire Italian women because they own who they are. That's what you're craving—not just clothes, but clarity.

Your Italian Soul Lesson:

Authentic elegance never shouts. It simply knows who it is.

Try this:

Choose one outfit that makes you feel calm and confident—and build a mood board around it. Less chaos, more you.



Mostly C = The Guilty Glamour Lover

You adore fashion and beauty—but feel bad indulging in it.

You follow style accounts, dream of Italian boutiques, and love the thought of dressing well… but when it comes to actually doing it?

You feel selfish, frivolous, or unsure.

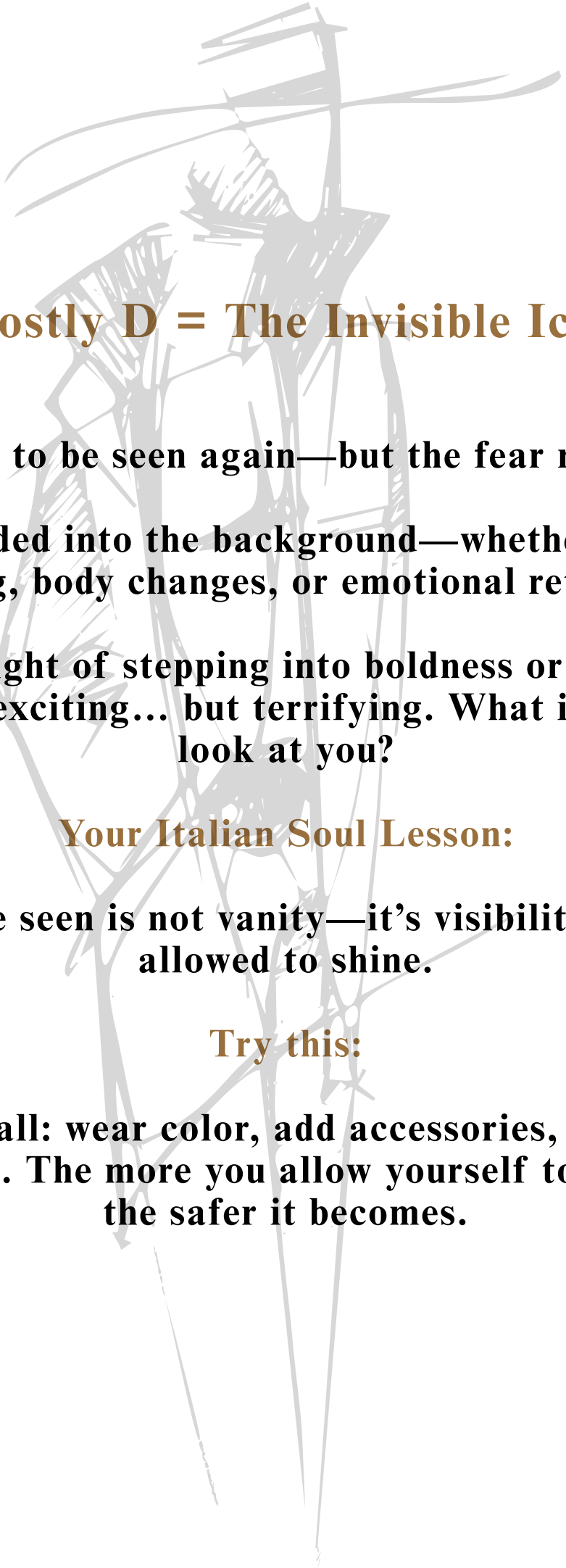
Your heart is in it—but your head says, "Don't waste time or money."

Your Italian Soul Lesson:

Beauty is not indulgence—it's identity. And you're allowed to take up space.

Try this:

Give yourself permission to buy (or wear) one thing that feels purely joyful—not practical.



Mostly D = The Invisible Icon

You want to be seen again—but the fear runs deep.

You've faded into the background—whether through aging, body changes, or emotional retreat.

The thought of stepping into boldness or elegance sounds exciting… but terrifying. What if people look at you?

Your Italian Soul Lesson:

✨ **To be seen is not vanity—it's visibility. You're allowed to shine.**

Try this:

Start small: wear color, add accessories, walk with intention. The more you allow yourself to be seen, the safer it becomes.

Let's take one beautiful, brave step together.

Book Your Style Soul Snapshot session now.

A free 20-minute 1:1 call to reconnect with the woman you were always meant to be.

Book Now

Bonus

Your Italian Style Comeback Starts Now

Ciao bella,
Thank you for taking the quiz!

Find your free Italian Style Ritual Guide below — designed to help you reconnect with beauty, confidence, and yourself.

Book Your "Taste of La Dolce Vita" Session

La tua nuova vita inizia ora — your new life begins now.
With love,
Elinor