



Your Style, Becoming You

Every season of your life tells part of your story.

Your clothes, hobbies, music, hairstyles, favorite colors, and interests have probably changed over the years. Some changes happened because **you** changed. Others happened because people around you influenced you. Neither is automatically good or bad. This activity will help you look back, notice how you've grown, and celebrate the parts of yourself that truly feel like **you**.

Part 1 • My Style Timeline

Think about different seasons of your life. Fill in each box with a few words about your “style” at that time. Think about your: Favorite clothes Favorite colors Favorite music Favorite hobbies Favorite places, etc...

When

Elementary School

Early Middle School

Today

What was I really into?

Part 2 • Why Did I Change?

Put a ✓ beside anything that influenced your style.

☐ Friends ☐ Family ☐ Sports ☐ Social media

☐ School ☐ Celebrities ☐ Church ☐ Celebrities

☐ New hobbies ☐ Life experiences ☐ Growing up ☐ Other _____

☐ Other _____ ☐ Other _____ ☐ Other _____

Part 3 • The Real Me

For each statement, circle one.



Yes



Sometimes



Not Yet

This feels like the REAL me...

I wear clothes that I actually like.



I feel comfortable being myself.



I worry too much about fitting in.



I make choices because they're true to me.



I'm becoming more confident each year.



Part 4 • Looking Back, then Growing Forward

Finish these sentences.

The biggest way I've changed is... _____

One change that made me more confident was... _____

One thing I don't need to pretend anymore is... _____

This year I want to become someone who... _____

One thing that already makes me unique is... _____

One sentence I want to remember:

"I don't have to be _____ because God created me to be _____."

♥ Faith Connection

Your style will probably keep changing throughout your life, and that's okay. The most important thing is NOT dressing like everyone else. It's BECOMING the young woman God created you to be. When you know who you are in Christ, your style becomes one more way to express the confidence, kindness, and uniqueness He's growing inside you.