

Hair Care = Self Care

Classifying Your Curls

The number and letter curl classification code is one tool of many that help us understand aspects of our hair. Curl classification, when combined with understanding of our hair's texture, density, porosity, elasticity, etc., empowers us to better understand and talk about our hair.

No one single framework for classification is enough to capture the full essence of hair! And so it is with frameworks that help us to better understand ourselves – they are practical tools.

Which of these tools or frameworks have you used to gain insights about yourself?

[Myers-Briggs
\(MBTI\)](#)

[Enneagram
\(RHETI\)](#)

[Strengths Finder](#)

[DISC
Assessment](#)

What other tools that you have found helpful for supporting your understanding of yourself?

As life happens, we change... thankfully!

Who are the people in your village who support you and hold you accountable for becoming the very best you possible?

How often would you like to revisit or reassess the frameworks that inform you about yourself?

There is only one you! What are some of the characteristics that make you extra special?