

A close-up photograph of a person wearing a blue denim jacket over a black and white striped shirt. The jacket is partially unzipped, and the person's hands are tucked into their pockets. The background is a plain, light-colored wall.

# HOW TO FIND YOUR PERSONAL STYLE

# FIND YOUR PERSONAL STYLE WORKBOOK

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## 1. STICK TO THE BASICS

Sticking to the basics, allows you see what you actually need/want to wear every single day. And then once you know the basics that work for you and your lifestyle, you will realize what you were missing with each outfit (maybe it's colour, pattern or trendy items).

**TO DO: WEAR ONLY BASICS FOR 7 DAYS**

What did you miss most? Were you able to be creative with those basics to make them suit your style?

*what did you miss most?*

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## 2. STAY NEUTRAL

Like sticking to the basics, only wearing neutrals is an exercise in realizing what you miss. Absence makes the heart grow fonder and sometimes you don't know how much you love something until it's gone....the same goes for clothes.

**TO DO: WEAR ONLY NEUTRALS FOR 7 DAYS**

Which neutral colours did you gravitate towards and which colours, patterns did you miss most?

*what colours and patterns did you miss?*

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### **3. QUALITY not QUANTITY**

Sticking to quality items that stand the test of time, plus are a bit more hefty on the wallet, will help ensure you go through the proper "do I really need this!?" steps before hitting 'purchase'.

**TO DO: STAY AWAY FROM YOUR FAVOURITE FAST FASHION HAUNTS.**

You are spending more than usual, how does that change what you'll buy? Does it make you focus a little more on what you LOVE? What does that look like?

*if clothes cost \$100 more per item, what would your style look like?*

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### **4. CLOTHES THAT FIT REALLY WELL**

Following #3 also helps make buying clothes that fit a much easier rule to follow. You sure aren't going to spend \$150+ on a pair of jeans if they don't fit like freaking a glove, but you would be super forgiving of a weird fit issue if you were paying under \$50 for a pair of jeans. Am I right?

**TO DO: GO THROUGH YOUR CLOSET AND GET RID OF ALL THE CLOTHES THAT DON'T FIT, AND HAVEN'T FIT IN THE PAST YEAR.**

Good fitting clothes are the basis of all style, no matter the style or how much something cost if it doesn't fit well, it won't really look that great. This is a good time to find styles of clothes that fit YOU really well.

*Are there styles that fit better than others?*

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## **5. STYLES THAT FLATTER**

Your body is different from mine and hers – and that's a f\*cking fantastic thing. Screw trying to look like anyone else but you, let's keep things interesting and be individual. Simply put, buy clothes that flatter your body, do not buy clothes because they looked good on someone else. The quickest way to be uncomfortable and probably never wear that item of clothing again is to buy something that doesn't flatter YOUR body.

**TO DO: LOOK AT YOURSELF IN THE MIRROR, REALLY LOOK AT YOURSELF. NOW WHICH PARTS ARE YOUR ASSETS? AVOID DOING YOUR USUAL "I HATE THIS PART OF ME" AND FOCUS ONLY ON YOUR ASSETS.**

What are the aspects you love about your body? How can you play them up? (and probably by default playing up your assets will down

play the things you dislike). Keep YOUR assets in mind when you are shopping and getting dressed.

*list your assets:*

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## 6. ACCESSORIZE

At first reach only for minimal items. Maybe one item per outfit, till you get a good feel for what you really like. It's really easy to over do it with accessories, or under do it for that matter. But starting small, allows you to realize what you're missing. Like maybe you just wore earrings, but as you passed yourself in the mirror you thought: "this top would have looked cute with a long necklace" well then now you know for next time.

**TO DO: ABSENCE MAKES THE HEART GROW FONDER,  
STAY MINIMAL UNTIL YOU REALIZE WHAT YOUR OUTFITS  
HAVE BEEN MISSING.**

What you were missing or which accessories would have made you feel more comfortable

*list your assets:*

## 7. LOVE IT AND NEED IT

If you follow all the rules/steps above, PLUS make sure everything that goes in your shopping cart or the items that already exist in your closet are things you NEED (not a want disguised as a need, they do that sometimes) and totally LOVE (like want to wear it all the time, and if you don't own it you will dream about it) then you are 100 steps ahead of the game. These two rules are your sure fire way to make sure you stick to your style, by following what you truly LOVE (some things you might like, but maybe they just look better on someone else, it's okay to like something from afar) and only purchasing if you NEED it (already have two pairs of high rise skinny blue jeans? I bet you don't NEED another).

**TO DO:** ARE THERE ITEMS IN YOUR CLOSET THAT DON'T FIT THESE RULES, IF SO DONATE THEM.

Sometimes wants sneakily disguise themselves as needs, so make sure it's a need!

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## 8. PRIVATE PINTEREST BOARD

Create yourself a private pinterest board, and use this as a window shopping tool. Pin items from your favourite online shops, but make sure you follow the LOVE IT AND NEED IT RULE. And all of the info you learned by only wearing basics, neutrals and minimal accessories for a week.

**TO DO:** WHAT DOES YOUR BOARD LOOK LIKE?

Can you see a clear style, or mash up of styles? Does it look like YOUR dream closet?

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## 9. LIST YOUR STYLE ICONS

Bloggers, celebrities maybe your friend? Is there someone, or a few people who's style you are always admiring? Once you know and understand the other rules on this list, it's a safe time to get inspired by others.

### TO DO: WHO ARE YOUR STYLE ICONS?

These icons probably say a ton about your style, maybe pin a few style icon photos to your private pinterest style board.

*who are your style icons and why?*

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## 10. BE YOURSELF

Because there is only one of you and we are talking about YOUR personal style. Trust your instinct and follow that, just because something is in style it doesn't mean it has to be for you.

Sometimes it's okay to like something a heck of a lot, but maybe you only like it from a far because it's just not YOU. When you develop that clear picture in your head of what you LOVE, you start to feel confident and content in your choices and sometimes that means not shopping at all.

