

## Work Your Wardrobe

Personal Style Guide for: \_\_\_\_\_

***You must assess yourself to accept yourself.***

*Be totally honest when answering these questions. No one is perfect but we all have attributes!*

*Your answers are the key to shaping the perfect style for you!*

***How do you feel about your physical appearance? Play up your assets!***

<u>CATEGORY</u>	<u>IN SHAPE (+)</u>	<u>OUT OF SHAPE (-)</u>
HEIGHT/BUILD	_____	_____
HAIR	_____	_____
SKIN/MAKEUP	_____	_____
FEET/HANDS	_____	_____

***How do you classify your overall style and image?***

\_\_\_\_\_ Athletic/sporty \_\_\_\_\_ Trendy \_\_\_\_\_ Classic/Preppy \_\_\_\_\_ Confused

***What style and image do you desire to project?***

\_\_\_\_\_ Athletic/sporty \_\_\_\_\_ Trendy \_\_\_\_\_ Classic/Preppy \_\_\_\_\_ Confused

***Is your wardrobe organized?***

***Do you stress about what to wear when you are invited to an event?***

***Do you have a large wardrobe with nothing to wear?***

***Do you like to mix and match?***

***Are accessories an important part of your wardrobe?***

***Where do you shop?***

***How often?***

***Do you have a very limited budget?***

***Do you like to shop?***

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You and your size:

Clothing sizes are meant to guide you to find the best fit for your body – they vary from brand to brand, so don't get hung up on always wearing the same number. The proper fit is what is most important. Now grab a measuring tape and:

***Measure your waist \_\_\_\_\_ hips \_\_\_\_\_ bust \_\_\_\_\_ height \_\_\_\_\_***

***Voilà! You now know your shape! Understand that you have bigger parts and smaller parts and own **all** of them!***

Did you know YOU are the most important accessory you wear every day?  
That being said, it's time to **assess, accentuate** and **accept** fabulous YOU!

You and your hair:

***When was the last time you updated your hair color and style?*** \_\_\_\_\_  
***Do you have time to style your hair daily?*** \_\_\_\_\_  
***Do you know your hair type and face shape?*** \_\_\_\_\_  
***Do you work with a trusted salon stylist?*** \_\_\_\_\_

*Now, keep up the good work or make an appointment with a good stylist and update your look!*

You and your skin and makeup:

***Do you have a skin care routine?*** \_\_\_\_\_ ***If not, you need one!***  
***When did you last update your makeup brand and/or technique?*** \_\_\_\_\_

*Now, take great care of your skin and make an appointment with a professional or go online for application tutorials. Wearing just a little makeup makes a huge difference for a polished look!*

You and your nails:

***What is the condition of your nails?*** \_\_\_\_\_  
***How often do you mani/pedi your nails (at home or professionally)?*** \_\_\_\_\_

*Now, stop biting or picking at your nails and get manicured. Follow online tutorials for guidance or treat yourself to a salon visit. Just do it and keep them in tip top shape!*

You and your fragrance:

***Do you wear a signature fragrance?*** \_\_\_\_\_

*Stop and really sniff yourself...Keep it subtle because less is more!*

**Now that you have completely assessed yourself and learned to accentuate your most positive features, you can truly accept yourself...You are totally prepared to DRESS TO IMPRESS!**

**Nothing stays the same, so re-evaluate every year and make adjustments along the way.**

Still feeling CONFUSED????

If you feel overwhelmed, send out an SOS! Contact us at: [www.dresstoimpressllc.com](http://www.dresstoimpressllc.com)