



# OWNING YOUR STYLE

*An Essential Checklist*

A capsule wardrobe is all about down-sizing and only owning key pieces that you can mix and match for weekly style perfection. The first step is to identify your personal style. By completing the steps on this list, you will have a clearer picture of your style. You will then be better prepared to revamp your wardrobe so that it's a functional minimalist collection.

### **Step One | How You Describe Yourself?**

*Don't overthink these. Just check the ones that come first to your mind.*

- |                                       |                                      |   |
|---------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Colorful     | <input type="checkbox"/> Relaxed     | <input type="checkbox"/> Cool               |
| <input type="checkbox"/> Bold         | <input type="checkbox"/> Comfortable | <input type="checkbox"/> Polished           |
| <input type="checkbox"/> Experimental | <input type="checkbox"/> Elegant     | <input type="checkbox"/> Trend-Driven       |
| <input type="checkbox"/> Simple       | <input type="checkbox"/> Modern      | <input type="checkbox"/> Statement - Making |
| <input type="checkbox"/> Quirky       | <input type="checkbox"/> Sporty      | <input type="checkbox"/> Edgy               |
| <input type="checkbox"/> Classic      | <input type="checkbox"/> Tailored    | <input type="checkbox"/> Minimalist         |

### **Step Two | Identify How Daily Weather Impacts Your Style**

*Choose which best describes the climate where you live.*

- Warm year-round
- Cold year-round
- Mild year-round
- 4 specific seasons
- 2 seasons (Warm/Hot & Cold/Freezing)

### Step Three | Identify Your Basic Lifestyle and How You Dress Most Often

*Choose all that apply.*

- Work
- Events
- Leisure
- Sports/Exercise
- Evenings out
- Travel

### Step Four | Identify How You Feel About Your Current Wardrobe

**(Choose 5-10 examples)**

*How do you feel when you're wearing a look you really love?*

- Confident
- Polished
- Sophisticated
- Uncommon
- Elegant
- Refined
- Chic
- Competent
- Put-together
- Professional
- Cultured
- Respectable
- Capable
- Stylish
- Poised
- At Ease
- Empowered
- Savvy
- Classic
- Sharp
- Slim
- Sultry
- Relaxed
- Interesting
- Attractive
- Smart
- Distinctive
- Pretty
- Unique
- Special

*How do you feel when you've worn something you don't love?*

- Frumpy
- Boring
- Dowdy
- Uneasy
- Fussy
- Blah
- Dull
- Tense
- Exposed
- Self-Conscious
- Shabby
- Confined
- Uncomfortable
- Unsophisticated
- Unpolished
- Antsy
- Average
- Flashy
- Awkward
- Plain

## **Step 5 | Prepare To Make a Change**

*Are you ready? Have you done the following lately?*

- Cleansed your closet\*
- Made is list of your clothing sizes

(Not what size you want to be, but what you actually wear and feel comfortable in right now)

*\*While cleansing your closet and making a list of your clothing sizes, you need to isolate the things you don't like to wear plus those items you don't consider your style. Put these into a pile for donation. Guess what? You just eliminated all those negative words from Step 4. Next, isolate all the things you love to wear and consider your style. Put these favorites back in your closet.*

## **Step 6 | Define Your Personal Style**

Take all of the descriptive words that you chose from Step 1 and add them to the positive words from Step 4. Write these down and post in a highly visible spot.

MY PERSONAL STYLE IS:

*Your list of chosen words*

Congratulations! You now own your personal style. Now it's time to Curate and Cultivate Your Dream Wardrobe.

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