



**Steps to  
building  
your  
perfect  
wardrobe**

**Name:**

**Date:**

# KNOW YOUR BODY

## MEASUREMENTS

Knowing your body type is the first step to looking your very best. No fancy tools needed; just a tape measure and a pencil. Note your measurements below so they are always "handy."

**FIRST**, take your measurements using these guidelines:



- **BUST** ... measure at the fullest part of the breast. Hold the tape evenly—not too tight, not too loose but just right.
- **WAIST** ... measure around your natural waistline. Keep the tape comfortably loose.
- **HIPS** ... stand with your feet together and measure the fullest part of your hips.

**Bust:** \_\_\_\_\_ **Waist:** \_\_\_\_\_ **Hips:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## RESULTS-CIRCLE ONE



### Apple

You are under 5'3" and your waist measures 2" more than your bust and hips.

You share your body shape with Oprah & Rosie



### Pear

Your hips are 4" or more larger than your waist; your bust and waist do not differ significantly.

Most common body shape 40% of women



### Pencil

Your waist, hips and bust do not differ in measurement by more than 2".

Nicole Kidman & Gwyneth Paltrow are your style icons



### Hourglass

Your waist measurement is smaller than your bust and hip by 4" or more.

Most desired body shape



### Strawberry

Your bust measurement is greater than your hip and waist measurements by 3" or more.

Dolly Parton celebrates your shape in song

## NOTES-

# FINDING YOUR SENSE OF STYLE

## TAKE THE STYLE QUIZ

If your style is not intrinsically "you," it will never feel right. If you've ever tried something too out of your comfort zone, you know that feeling very well. This quiz will help you begin *defining* your style.

1 What **COLORS** look best on me?

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2 What clothing am I most **COMFORTABLE** in?

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3 What clothing makes me feel the most **CONFIDENT**?

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4 What am I wearing when I get the **MOST COMPLIMENTS**?

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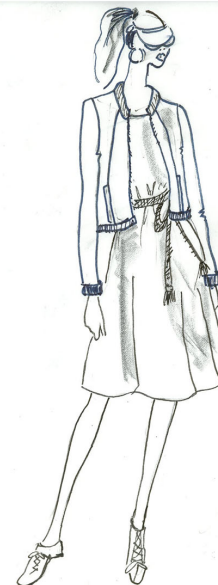
5 Whose **SENSE OF STYLE** do I most identify with?

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What is your fashion personality?  
How would you wear this dress?



Classic



Sporty/Casual



Bohemian



Dramatic



Fashionista

# TIPS TO DRESS YOUR BODY

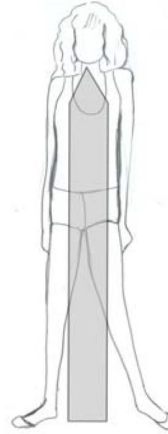
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<b>Best Color Combinations</b>	Monochromatic	Bright on top, dark on bottom	Bright shades	Anything!	Dark on top, bright on bottom
<b>Flattering Details</b>	Cowl necklines Wider leg pants Empire waists	Bootleg pants Printed tops Princess Seams	Ruffles & bows Fitted jackets Straight leg pants	Fitted at waist Open necks Pencil skirts	V-necks Jackets with no closures Wide leg pants
<b>Secret weapon to show off your figure</b>	Waist-nipping body shaper	Thigh & hip shaper	Push-up bra	Highcut bikini & balconette bra	Minimizer bra
<b>AVOID</b>	Pleated pants Details @ waist Tapered pants	Boxy cuts Drawstring pants High rise pants	Baggy tops Masculine details Stiff fabrics	Cropped tops Sweatshirts Anything without a waist	Boatnecks Shorts Large lapels Large collars

## Notes



# TIPS TO ACCESSORIZE YOUR BODY



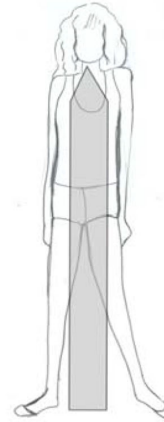
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## Best Shoe

Platform Wedges  
Heels without straps

Chunky Wedge  
Pump with block heel

Ballet Flats  
Strappy Sandals

Peep toe Pumps  
Stiletto Heels

Simple Heels  
Soft Loafers

## Best Shoe Color

Nude or  
Match your pant

Neutral Tones or  
Match your pant

Any Color

Any Color

Bright Colors and  
Contrast your pant

## Best Shoe Detail

Open Toe or  
Low Front

Simple Lines

Feminine Details  
Multiple Straps

Curvy Toe Shape

Prints  
Bow Details

## Best Handbag

Compact Tote

Large Clutch  
Top handle Satchel

Soft Hobos  
Drawstring Bags

Structured Totes  
Boxy Bags

Cross-body  
Shoulder bags

## Best Belt

Soft Knit Belts

Monochromatic with  
simple detail

Mid-width with  
tonal hardware

Wide Corset style

Light color  
narrow width

## Pair with

Long necklaces  
Simple earrings

Statement earrings  
Print scarves

Floral accents  
Ruffle scarves

Statement Necklaces  
Wide Cuffs

Bracelets, Cuffs  
Cocktail rings

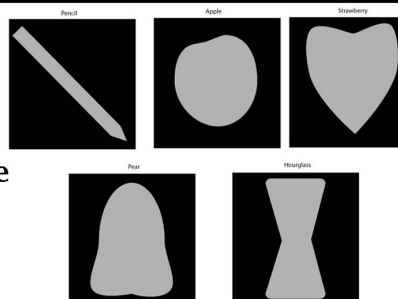
## Notes

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## GENERAL RULES

1. Always create Verticality.
2. Maximize your assets.
3. Minimize your perceived liabilities.
4. Aim for an hourglass look.
5. It is all about balance.

## SHAPE



## BUDGET

CUT AND PASTE IMAGES OF WHAT YOU PLAN TO BUY

### JACKETS

### SWEATERS

### DRESSES

### SHIRTS AND BLOUSES

### COATS

### JEANS /PANTS

### SKIRTS

### SHORTS AND SKORTS

### ACTIVE