

# Discovering your Personal Style



Are you feeling lost when it comes to clothes? Do you think everyone has it all figured out and you don't? Let me tell you, it's a constant struggle and you are not alone. I went through a phase when I felt lost, out of place, and thought I had lost my own sense of style. My bad clothes choices were reflecting how I was feeling at the time: lost, dull and uninspired.

To help people come out of a style rut, I created the following exercises to dig a little into yourself and examine your closet to help with refining your personal style. This is great to do if you are feeling uninspired by your wardrobe, want a new look, or are looking to improve your image. If you are content with what you wear and don't think you need wardrobe help, look at this as a 10-minute self-care craft project. You might learn something.

## STEP 1: DESCRIBE YOURSELF

WRITE THREE WORDS  
TO DESCRIBE YOUR  
PERSONALITY.

Not sure how to describe yourself, think about how people describe you. What kind of adjectives do they use to compliment you.

*For example – trustworthy, organized, efficient, gentle, happy, nurturing, creative, ambitious, proactive, punctual, thoughtful, etc...*



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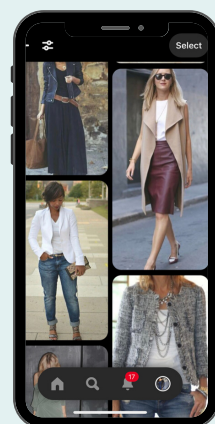
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## STEP 2: CRAFT TIME!

Now for the fun crafty part! In this exercise we are finding your signature style for the body you have now, not when you lose 10-15 lbs. That's another topic, but our style changes regularly depending how we are feeling about ourselves and what is inspiring us at the moment.

Grab some magazines, catalogs, scissors, tape or glue, and a few black pieces of paper. Or sit in your favorite chair, with a relaxing beverage and click on Pinterest as you look through your magazines, or pin looks onto your Pinterest board. Look for images that you are drawn to, inspire, spark joy, and excite you. Be realistic with yourself and don't daydream right now. Think about your lifestyle. Would you wear it frequently with all the daily activities you do and to all the networking events you go to. Ask your self, "Would I wear it to... work, run errands, volunteer, or to special events? If yes, clip it, if no, leave it.



While clipping, think about colors, patterns, textures that you might be drawn to in an outfit. Consider accessories that you would wear like jewelry, shoes, and hats. You don't have to like the entire look, admiring one thing on an outfit is okay. You may be drawn to the color combo or the way the model is wearing a certain item. Cut what you like and leave the rest behind.

Remember that your wardrobe should reflect how you are and how you spend your time. One major cause for wardrobe issues is that there is a mismatch between the person's lifestyle and the actual contents of their closet. If you are questioning a look or an image, let it go and chose something else.



**The board should represent you, your personal flair, and the image you want to portray.**



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## STEP 3: EDIT

Write three words that describe the images on your style mood board.

What words describe the contents of your closet?

What is the difference between your mood board and closet?

When you look at your inspirational board, what words, adjectives describe what you selected.

*Examples: colorful, fun, chic, bohemian, polished, tailored, minimalist, timeless, modern, etc...*

Look beyond the chaos in your closet, what words reflect what's hanging in your closet?

*Examples: Uninspired, classic, dull, sophisticated, relaxed, etc...*

*Examples: Colorful, fun, polished, trend-driven, casual, dressy, simple, etc...*



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## STEP 4: SHOP YOUR CLOSET

Now that you have an idea of what style you are attracted to, take your mood board and compare it to what's in your closet. Look at your wardrobe and see if some mood board items are present. Take some time to duplicate three of the looks you have added to your board. Instead of heading out to buy a new outfit, "shop your closet" and put together head to toe looks that resemble your style mood board. Try on the outfits and see how you feel. Assess if this matches the style and image you are looking to achieve. If you are missing basic pieces to accomplish a look from your style board write it down, start a shopping list. Be as specific as possible when writing down what you need. Once you are done examining your closet for new outfit possibilities take your shopping list with you. It will help to prevent impulse and unnecessary buys on items that you won't wear. How many outfits did you make?

## STYLE NOTES:

- An important thing to remember when you are developing and tweaking your personal style is to be true to yourself.
  - Developing your signature style doesn't happen over night.
  - Things around you and what you wear reflect who you are.
- Style is a powerful tool that can help boost your self-esteem.



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