

The background image shows a bright, modern interior. On the left, a large window looks out onto a street with palm trees. A green circular sign with a hand icon and the words "EX CHARGING" is visible in the window. In the foreground on the left, there is a large potted plant with long, dark green leaves in a white cylindrical pot. To the right, a clothing rack is mounted on a white wall, holding several items of clothing. A brown coat is prominently displayed in the foreground, hanging on a black hanger. Other items include a striped shirt and a white top. The overall atmosphere is clean and contemporary.

THE SIGNATURE STYLE METHOD

Your guide to your personal
style DNA to build a
wardrobe that you love.

ART IN THE FIND

LESSON 1: PERSONALITY & STYLE

ACTIVITY ONE

Your Personality Descriptors



Read the words below and check off as many that jump out at you as being words you would associate with YOUR personality. If you don't see them listed add your own!

- | | | |
|--|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Strong | <input type="checkbox"/> Bold | <input type="checkbox"/> Dramatic |
| <input type="checkbox"/> Unconventional | <input type="checkbox"/> Playful | <input type="checkbox"/> Intellectual |
| <input type="checkbox"/> Open minded | <input type="checkbox"/> Fun | <input type="checkbox"/> Detailed |
| <input type="checkbox"/> Powerful/Strong | <input type="checkbox"/> Organized | <input type="checkbox"/> Energetic |
| <input type="checkbox"/> Reliable | <input type="checkbox"/> Structured | <input type="checkbox"/> Unique |
| <input type="checkbox"/> Friendly | <input type="checkbox"/> Kind | <input type="checkbox"/> Creative |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Introvert | <input type="checkbox"/> Practical |
| <input type="checkbox"/> Flirty, Girly | <input type="checkbox"/> Extrovert | <input type="checkbox"/> Calm |
| <input type="checkbox"/> Talkative | <input type="checkbox"/> Opinionated | <input type="checkbox"/> Easy going |
| <input type="checkbox"/> Quiet | <input type="checkbox"/> Relaxed | <input type="checkbox"/> Scheduled |
| <input type="checkbox"/> Literary | <input type="checkbox"/> Responsible | <input type="checkbox"/> Soft |
| <input type="checkbox"/> Magnetic | <input type="checkbox"/> Self assured | <input type="checkbox"/> Imaginative |
| <input type="checkbox"/> Unique | <input type="checkbox"/> Original | <input type="checkbox"/> Unexpected |

From the list of words you've checked off above, narrow down your list to 3 - 5 words that feel most like YOU. These will be your **Personal Style Descriptors**.

ACTIVITY TWO

Write your 3 - 5 **Personal Style Descriptors** in the boxes in the left column. How might you relate those words to what you wear or a specific piece in your closet?

Who I am...	How this relates to what I want to wear
Example Structured/Organized	Pieces with “structure” in my closet are my fitted tops, blazers and vests. These help me to achieve that feeling of structure and organization.
	

LESSON 2

LIFESTYLE ACTIVITIES

Activity 1

WHAT DO YOU WEAR FOR IT?

DO YOU STRUGGLE WITH FIGURING OUT WHAT TO WEAR FOR THIS?

YES

NO

Activity 2

WHAT DO YOU WEAR FOR IT?

DO YOU STRUGGLE WITH FIGURING OUT WHAT TO WEAR FOR THIS?

YES

NO

Activity 3

WHAT DO YOU WEAR FOR IT?

DO YOU STRUGGLE WITH FIGURING OUT WHAT TO WEAR FOR THIS?

YES

NO

LESSON 3: PERSONAL PREFERENCES

CAN YOU PICTURE A MOST WORN PIECE, A FAVORITE PIECE, AND/OR A PIECE THAT MAKES YOU FEEL REALLY GOOD?

Piece 1			
COLOR	FABRIC	NECKLINE	

Piece 2			
COLOR	FABRIC	NECKLINE	

Piece 3			
COLOR	FABRIC	NECKLINE	

PUTTING IT ALL TOGETHER

Go back to the activities for lessons one, two, and three and summarize all the information you've discovered below before completing the final activity!

As you work through editing or identifying gaps use this as a reference point!

My Style Descriptors:

My Lifestyle Activities:

My Style Preferences:

LESSON 4:

DEVELOPING A MOODBOARD

Creating a mood board helps you to visualize where you want your style direction to go!

HOW TO GET STARTED:

Begin building your style mood board by collecting, pinning, saving or pulling images that align with your style descriptors from lesson 1. You can use Pinterest, photos of yourself, or images from other places that you find inspiring.

If you are using Pinterest or another search engine, start by typing in terms that match your style descriptors along with a lifestyle activity (*you can also include a personal preference*) into the Pinterest search engine.

_____ + _____ + _____ = **your description**
style descriptor piece you love to wear lifestyle activity

For example: One of my style descriptors is structured and tailored, one of my pieces I love to wear is a blazer, and one of my activities is virtual calls.

So I would type in: “tailored blazer for virtual calls” or “structured blazer outfits for date night”

THE GOAL

Build a board with 8-10 images that incorporate your style descriptors and lifestyle activities which can be put into everyday outfit ideas. This will be an ever changing document, you’re allowed to edit as you learn more about your style.

A FEW THINGS TO CONSIDER AS YOU BUILD YOUR MOODBOARD:

- Do the outfits you’re pinning work with your lifestyle activities?
- Are the outfits attainable?
- Do the images include pieces you might have in your closet?

NOTES

This image shows a blank sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.