

IMOGEN LAMPOR T AICI CIP

MIDLIFE STYLE REBOOT *workbook*

WWW.INSIDEOUTSTYLEBLOG.COM





Welcome

Welcome to the Midlife Style Reboot

This isn't just about what to wear—it's about rediscovering who you are now and aligning your wardrobe to reflect that version of you.

This workbook is here to:

- Help you reflect as you watch the masterclass
- Guide you to small, practical changes you can apply immediately
- Show you how the 7 Steps to Style program can transform your confidence, clarity, and style for life

Take your time. Be honest. You're not starting over—you're coming home to yourself.

Inogen Lampont

www.insideoutstyleblog.com

Who Are You Dressing For?

Answer the following Questions:

What are 3-5 words to describe the woman I am today?

When I get dressed, how do I want to feel?

Which items in my closet no longer reflect who I am or how I live now?

Find Your Anchor Piece

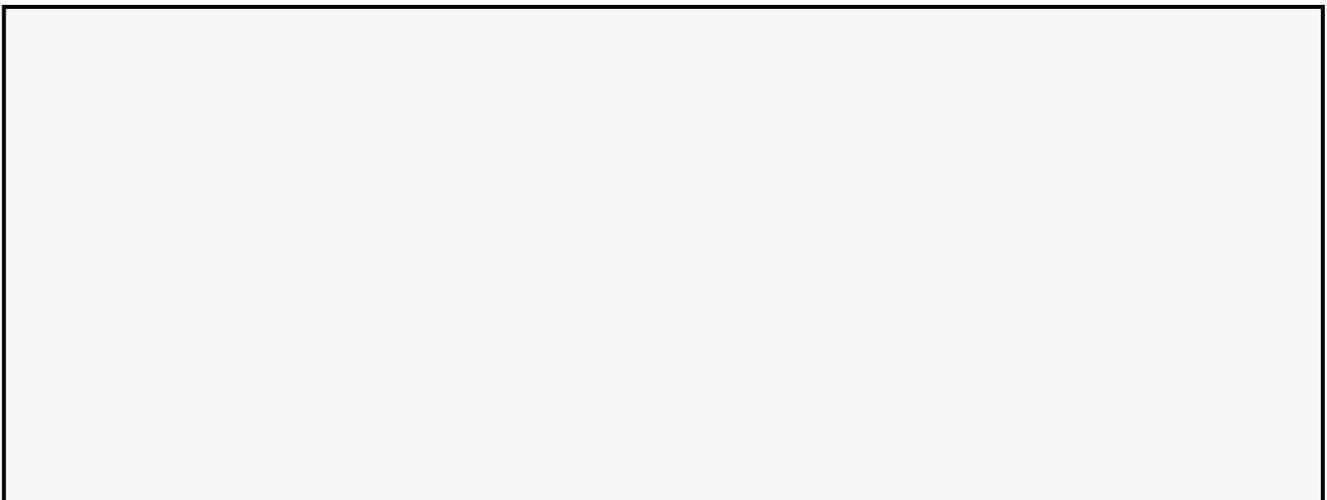
Go to your wardrobe and pull out the item you most often or feel most like yourself in.



When I get dressed, how do I want to feel?



Which items in my closet no longer reflect who I am or how I live now?



Find Your Anchor Piece

Go to your wardrobe and pull out the item you most often or feel most like yourself in.

What colour/s is it?

- | | |
|-----------------------------------|---------------------------------|
| <input type="radio"/> Black | <input type="radio"/> Pink |
| <input type="radio"/> Navy/Denim | <input type="radio"/> Green |
| <input type="radio"/> Brown/Camel | <input type="radio"/> Blue |
| <input type="radio"/> White/Cream | <input type="radio"/> Purple |
| <input type="radio"/> Grey | <input type="radio"/> Textured |
| <input type="radio"/> Red | <input type="radio"/> Solid |
| <input type="radio"/> Orange | <input type="radio"/> Patterned |
| <input type="radio"/> Yellow | <input type="radio"/> Other |

What is the Silhouette or Shape?

- | | |
|--------------------------------------|---|
| <input type="radio"/> Fit and Flare | <input type="radio"/> Loose fit |
| <input type="radio"/> Column | <input type="radio"/> Tight fit |
| <input type="radio"/> Waisted column | <input type="radio"/> Fitted but neither tight or loose |

If it has a pattern - what kind is it?

- | | |
|-----------------------------------|--|
| <input type="radio"/> Floral | <input type="radio"/> Animal/Leopard/Zebra/Snake |
| <input type="radio"/> Stripes | <input type="radio"/> Abstract |
| <input type="radio"/> Check/plaid | <input type="radio"/> Swirly |
| <input type="radio"/> Geometric | <input type="radio"/> Damask |
| <input type="radio"/> Paisley | <input type="radio"/> Houndstooth |
| <input type="radio"/> Spots | <input type="radio"/> Other |

Find Your Anchor Piece

Describe your anchor piece

What kind of fabric is it made from?

- | | |
|---------------------------------|---|
| <input type="radio"/> Cotton | <input type="radio"/> Rayon/Viscose/Lyocell |
| <input type="radio"/> Wool | <input type="radio"/> Hemp |
| <input type="radio"/> Cashmere | <input type="radio"/> Bamboo |
| <input type="radio"/> Linen | <input type="radio"/> Nylon |
| <input type="radio"/> Silk | <input type="radio"/> Modal |
| <input type="radio"/> Polyester | <input type="radio"/> Acrylic |
| <input type="radio"/> Denim | <input type="radio"/> Blend |
| <input type="radio"/> Tencel | <input type="radio"/> Other |

How does the fabric feel and move

- | | |
|--|--------------------------------------|
| <input type="radio"/> Stretchy | <input type="radio"/> Weighty |
| <input type="radio"/> Non-stretch | <input type="radio"/> Light and airy |
| <input type="radio"/> Stiff - has body | <input type="radio"/> Other |

How does it feel when you wear it?

- | | |
|------------------------------------|--------------------------------------|
| <input type="radio"/> Comfortable | <input type="radio"/> Smart |
| <input type="radio"/> Polished | <input type="radio"/> Modern |
| <input type="radio"/> Attractive | <input type="radio"/> Fun |
| <input type="radio"/> Approachable | <input type="radio"/> Edgy/Different |
| <input type="radio"/> Successful | <input type="radio"/> Creative |
| <input type="radio"/> Relaxed | <input type="radio"/> Bold |

Find Your Anchor Piece

Why do you keep reaching for this garment?

Is there anything else in your wardrobe that has similar properties that you wear frequently?

How could you build 2-3 more outfits around this piece?

Anchor pieces are the starting points for effortless, aligned dressing. Imagine if every item in your wardrobe felt this easy.

From Stressed to Stylish

Why Most Wardrobes Don't Work (and How to Fix Yours)

G U E S S I N G

Buying on impulse

Copying influencers or trends

Feeling overwhelmed every morning

Closet full, but nothing to wear

Closet empty as you're too scared to waste money on the wrong thing

K N O W I N G

Shopping with purpose

Wearing clothes that reflect your values + personality

Effortless daily dressing

A wardrobe where everything works together

Effective closet filled with clothes that you love and that love you back because you have style criteria that you use to make purchasing decisions

VS

Style clarity doesn't come from shopping more—it comes from knowing what works for YOU.

Style Checklist

Imagine a Wardrobe That Reflects the Woman You Are Now

- Know your best colours and how to wear them
- Your clothes suit your shape, not a size or trend
- Your outfits reflect your personality and values
- You have fewer clothes, but more outfits
- Shopping becomes strategic, not stressful
- Getting dressed becomes something you look forward to



What's currently holding back your style?

This is the power of having a system that honours your unique beauty, body, and brilliance. That's what 7 Steps to Style gives you.

Your Style Reboot in Action

Your Top 3 AHA Moments

1

2

3

One Action I'll Take This Week

Am I Ready for 7 Steps to Style? Check all that apply

I want a wardrobe that reflects who I am now

I'm tired of wasting money on clothes I don't wear

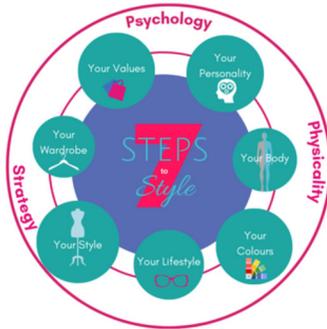
I'm ready to feel confident and clear about my style

I want a proven system, not another fashion trend

I'm craving structure, guidance, and self-trust

Your Wardrobe Isn't Broken— It's Just Waiting for a System

The 7 Steps to Style program is your personal roadmap to style clarity, confidence, and ease. You'll learn how to:



WHAT YOU'LL DISCOVER

- Identify your best colours and how to combine them
- Dress your body with joy—not judgment
- Align your wardrobe with your values, personality, and lifestyle
- Build stylish, mix-and-match outfits without the stress

PLUS THESE BONUSES

- My Online Shopping Guides
- The Outfit Masterclass
- My How to Mix Colours Guide

👉 Yes, I'm Ready for Style Clarity

You're not starting over—you're stepping into your next, most stylish chapter.

Client Testimonials

 **Laura Dimond** Hi Imogen,
The 7 step program has completely changed the way I see my body and I now put complete outfits together instead of buying a piece here and there. It has made getting dressed in the morning much easier and I am shopping from list of what I need now and not needing nearly as much because I have a plan that works! I also have capsules of clothing for the different areas of my life such as work, casual and gym wear. I am also experimenting with different ideas that I have gathered from other wonderful participants in the 7-step program. I recommend the 7-Step Program for anyone who would like to establish a plans and look great in their everyday life. Laura Dimond

Unlike · Reply ·  2 · 4 March at 13:26

 **Anne Morris** is 😊 feeling thankful. ...
Top contributor · 13h · 🗨️

Feeling really thankful to [Imogen Lamport](#) and the group. Preparing my outfits for my holiday is going to cause zero stress because I know virtually everything I have goes together. My only panic is what am I supposed to wear the few days before and after as my wardrobe is small! 🤔

 **Margaret Ng** Imogen's 7 Steps to Style Program is worth every penny! It has been the best investment on image and appearance that I have ever spent. Having the knowledge as to how to cultivate one's unique style suitable to every life occasion and translate that into our outfits not only saves money and time, but is also invaluable to our self-confidence and image. The quality of Imogen's product (from the online support to the quality of the physical color swatches) is above all others that I have seen in my personal opinion and I appreciate her efforts in continuing to add value to the program. Everyone could benefit from such a program.

Unlike · Reply ·  2 · 5 March at 11:58

Thank-you!

I hope to continue working with you, please reach out to learn more.

Imogen Lamport is an award-winning personal stylist, internationally certified image consultant, and the creator of the 7 Steps to Style program. With over 21 years of experience, she's helped thousands of intelligent, accomplished women rediscover their confidence, clarity, and authentic style—without chasing trends or trying to fit in. Her approach blends colour science, style psychology, and deep personal insight to help women 40+ feel visible, powerful, and truly themselves in what they wear.



“Style isn’t about impressing others—it’s about expressing who you really are.”

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