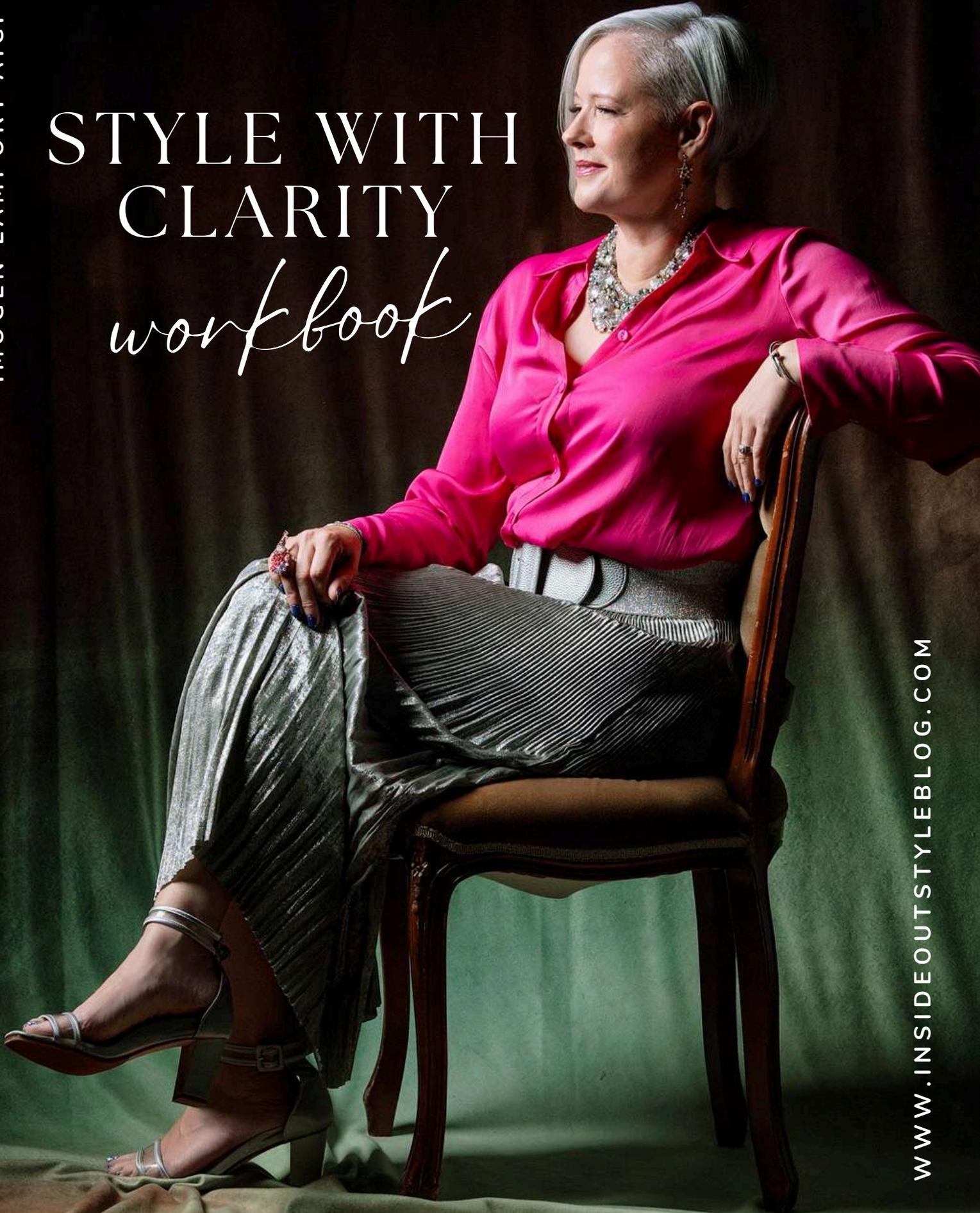


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STYLE WITH CLARITY

workbook



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WELCOME

Style with Clarity Workbook

This workbook is your space to reflect, discover, and take action on what you learn in today's masterclass. Style isn't about trends—it's about clarity, confidence, and self-expression. Let's rediscover the woman you are now.

STYLE CHECK-IN

How do you feel about your style right now?

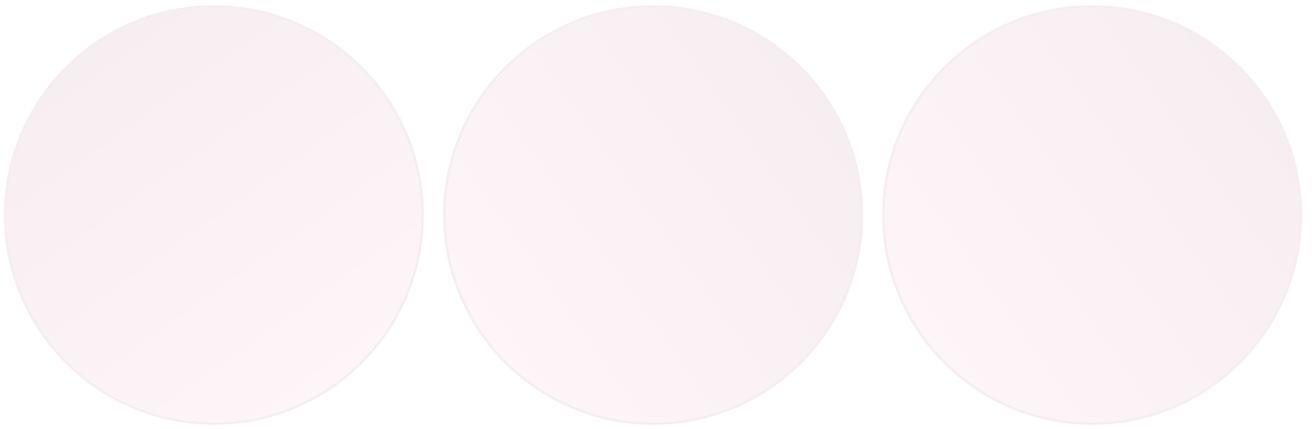
- My wardrobe doesn't reflect who I am
- I avoid shopping
- I wear the same few things on repeat
- I feel invisible or unsure
- I want to feel more confident and expressive

What emotions come up when you open your closet?
What would you like to feel instead?

THE REAL REASONS

Style Feels Harder Now

List 3 ways your body or lifestyle has changed in recent years.



What old style rules or identities might no longer apply to you?

STYLE CHECK-IN

What's the True Cost of Style Confusion?

- Wasting time shopping and feeling like I can't find anything
- Wasting money on clothes that I do wear but don't make me feel great
- Wasting money on clothes I don't wear
- Losing confidence in how I present myself
- Losing confidence in how I feel about myself and my ability to put an outfit together

Any other thoughts on the cost of style confusion?

PILLAR 1 – *Personality*

Think of an outfit you loved wearing. What details made you feel amazing? (Fabric, shape, colour, vibe?)

What are 3 words you'd like your style to communicate about you?

Three horizontal pink bars for writing answers.

Mini Challenge: Describe your current style in one sentence. Then rewrite it for who you are becoming.

PILLAR 2 – *Body Harmony*

What parts of your body do you currently avoid dressing?

What styles or shapes make you feel the most comfortable and confident?

Finish the sentence: ***"My body is not wrong. It's..."***

PILLAR 3 – *Colour Alignment*

What styles or shapes make you feel the most comfortable and confident?

01

02

03

What colours make you feel most energised, seen, or beautiful?

What do you want your clothing colours to communicate?

STYLE MISTAKES *To Let Go Of*

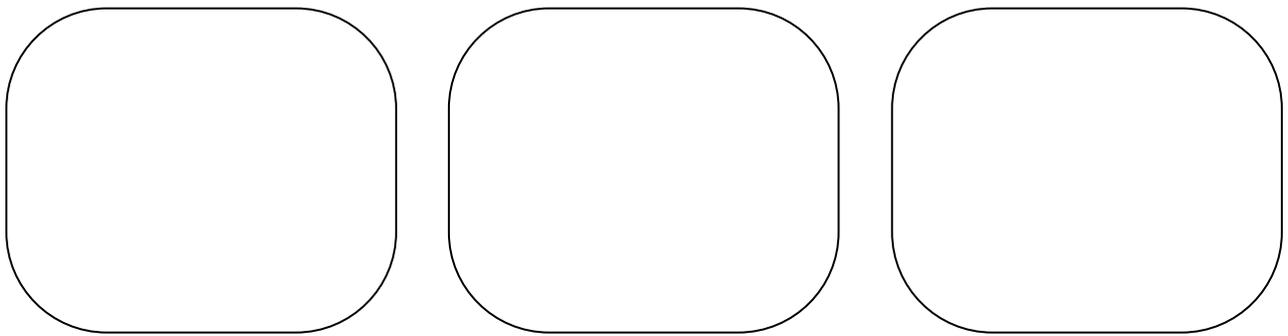
Which of these feel familiar? (Check all that apply)

- Buying for fantasy, not reality
- Keeping "someday" clothes
- Closet clutter causing decision fatigue
- Buying without a plan

What one habit can you start changing this week?

YOUR STYLE *System Snapshot*

My Top 3 Style Priorities Going Forward:

Three empty rounded rectangular boxes arranged horizontally, intended for the user to write their top three style priorities.

What would it feel like to trust your style choices again?
Draw or describe an outfit that feels aligned with the woman you're becoming.

READY FOR MORE?

If you're ready to go deeper, get expert support, and discover your unique style DNA—join me inside 7 Steps to Style. You'll get lifetime access to the full framework, personal feedback, and our empowering community.

Includes:

- Personalized colour analysis
- Style personality assessment
- Wardrobe & shopping strategy
- Monthly Q&A calls
- BONUS: Webinar-only gifts to fast-track your transformation

