

# How to Confidently Select Clothes that Feel Flattering

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# W E L C O M E

*Hi There!*



Thanks for deciding to learn more about your style and how to improve it.

I'm guessing that your wardrobe currently isn't in the state you'd love it to be in.

I'd love your wardrobe to be how Vanity Fair journalist Amy Fine Collins describes the ideal wardrobe:

*"Opening up your closet should be like arriving at a really great party where everyone you see is someone you like."*

Where you don't feel overwhelmed because it's in chaos, or you just don't know how to combine items, or underwhelmed by how boring and dull it has become.

In this masterclass, I'm going to be asking you to reflect on how your wardrobe and style have gotten to where it is, as this is the starting point to improving your style.

Developing a great and authentic personal style will help open doors and allow you to enjoy the opportunities that come your way. I never want you to say no to something you'd love to do because you just don't have anything to wear!

So print out this workbook to write your notes on or grab your journal and favourite pen so you can get the most out of our time together today!

May your personality sparkle and shine through your style,

*Imogen Lampont*

# WHAT YOU WEAR IMPACTS HOW YOU FEEL AND BEHAVE



How do you want to feel in your clothes?

# HOW DID YOU GET HERE?



*Note down which are your style or shopping pitfalls:*

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## Style Strategy Questions:

*How did you get here?*

*What will you stop doing right now?*

# WHERE DO YOU START TO IMPROVE YOUR STYLE?



## Style Strategy Questions:

1. What's working about my style right now?

Light blue rectangular area for writing the answer to question 1.

2. What is NOT working with my style right now?

Light blue rectangular area for writing the answer to question 2.

3. What would I like my style to say about me?

Light blue rectangular area for writing the answer to question 3.

# WHERE WOULD YOU LIKE YOUR STYLE TO TAKE YOU?



What are some of your life goals and dreams?

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What would you like to achieve in the next year or two?

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Will your current style support you or do you need to improve?

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## WHAT ELSE CAN I DO?



Notes on some thought patterns and messages you've received about style and its importance

# KEYS TO GREAT STYLE



Your Style Must ...

Two horizontal light blue bars for writing.

Your Style should harmonise with ...

Three horizontal light blue bars for writing.

Your style is an outward expression of ...

Two horizontal light blue bars for writing.



Do you love what you're currently wearing?



Are you regularly getting compliments about your style?

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Do you feel polished, pulled-together and accomplished?

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Are you feeling self-conscious or that your style is lacking in some way?

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# WHAT YOU NEED IN YOUR STYLE EDUCATION



Your Style Education Must Cover ...

1.

2.

3.

4.

5.

6.

7.

How would it feel if you had the knoweldge to take only what has a great chance of working into the changerom?

# WHAT ARE YOUR NEXT ACTION STEPS?



Find out more about [7 Steps to Style System](#) and take my style to the next level!

# THANK YOU!

Thank you for taking the time for yourself today, for doing something that will have a positive impact on your life, that creates a ripple effect out to those around you.

Caring about your style is not shallow or self-indulgent nor is it selfish. Style is a form of self care and it's also visual non-verbal communication that lets others know about you, your values, your beliefs and what matters to you.

When you take your style seriously and get it in order, you have greater confidence and this improves your self-esteem.

I want you to achieve your dreams and have the wardrobe that supports you as you courageously step out into the light.

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