

IMOGEN LAMPORT AICI CIP

REDISCOVER YOUR STYLE

workbook



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Welcome

Welcome to Rediscovering Your Style!

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.

Imogen Lampport

www.insideoutstyleblog.com

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Rediscover your Style

Reconnect with yourself

You've taken a powerful first step: you're reclaiming your style on your own terms.

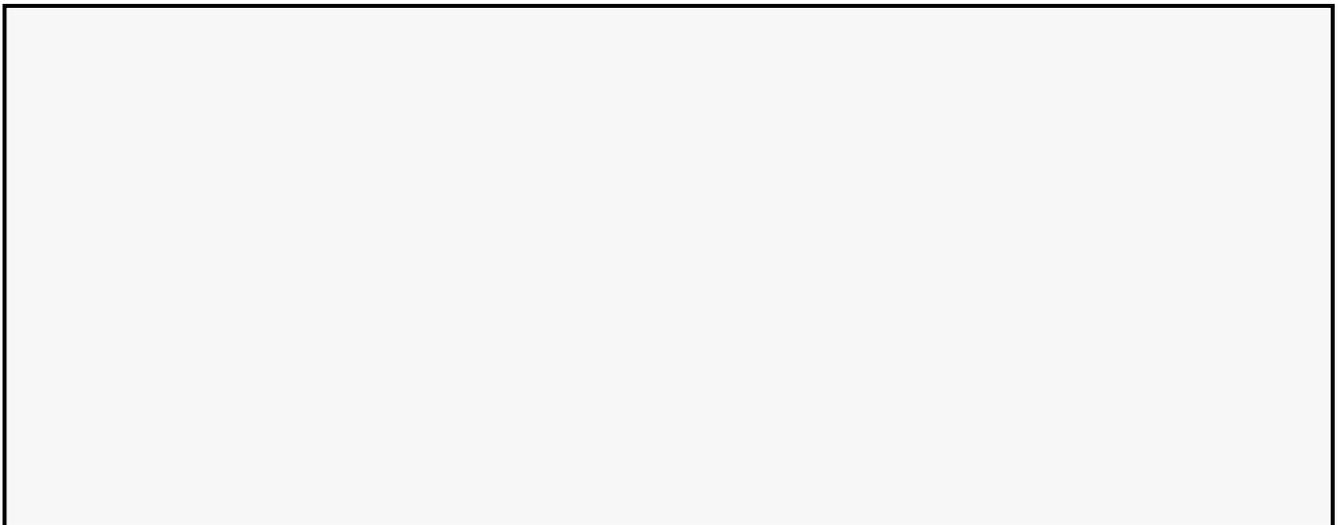
This workbook is designed to help you clarify your Style Recipe—a short list of words that express how you want to feel and look in your clothes.

You'll use these words as a compass for every outfit, every purchase, every time you ask “does this feel like me?”

This is where clarity begins.

But it's just the beginning. If you're ready for deeper transformation, there's a next step waiting for you.

How are you feeling about your style right now?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Your FEELING Words

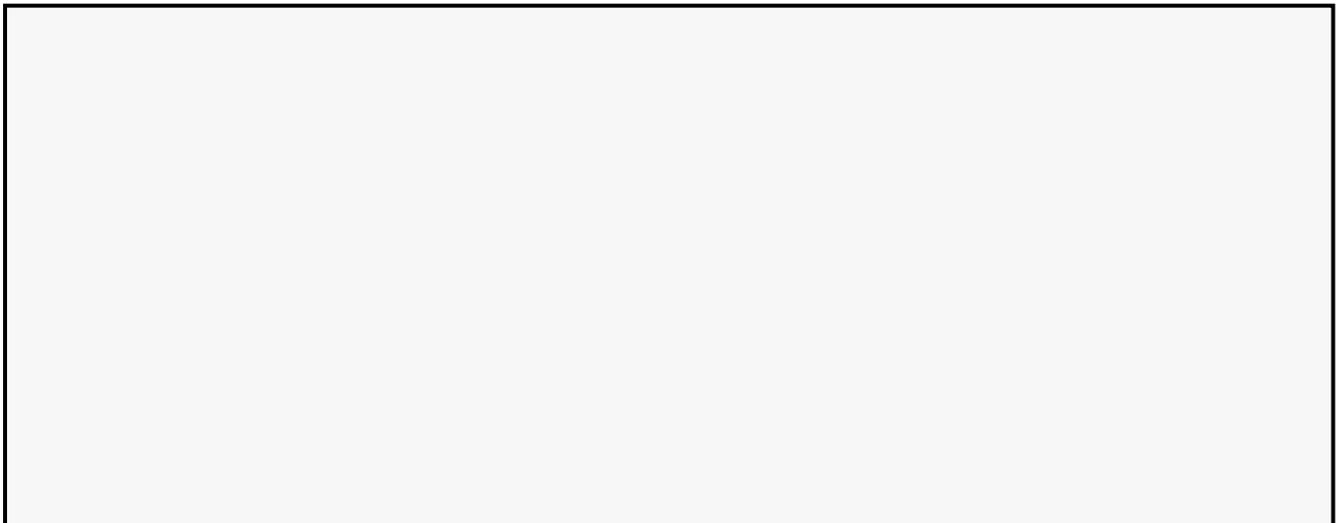
How do you want to feel in your clothes—physically and emotionally? Feeling words speak to both the physical and emotional sensations your clothes give you. What are you craving? This is about dressing in alignment with your nervous system and your life.

- List 3–10 words that describe how you want your clothes to feel.
- Use a thesaurus or dictionary to explore different word options and their meanings
- Circle your top 2–3.

Examples for inspiration:

Comfortable, Soft, Free, Empowered, Flowing, Energised, Calm, Plush, Grounded, Joyful, vibrant, Fun, Excited, Graceful, Mysterious, Unrestricted

Write your words:



Your LOOKING Words

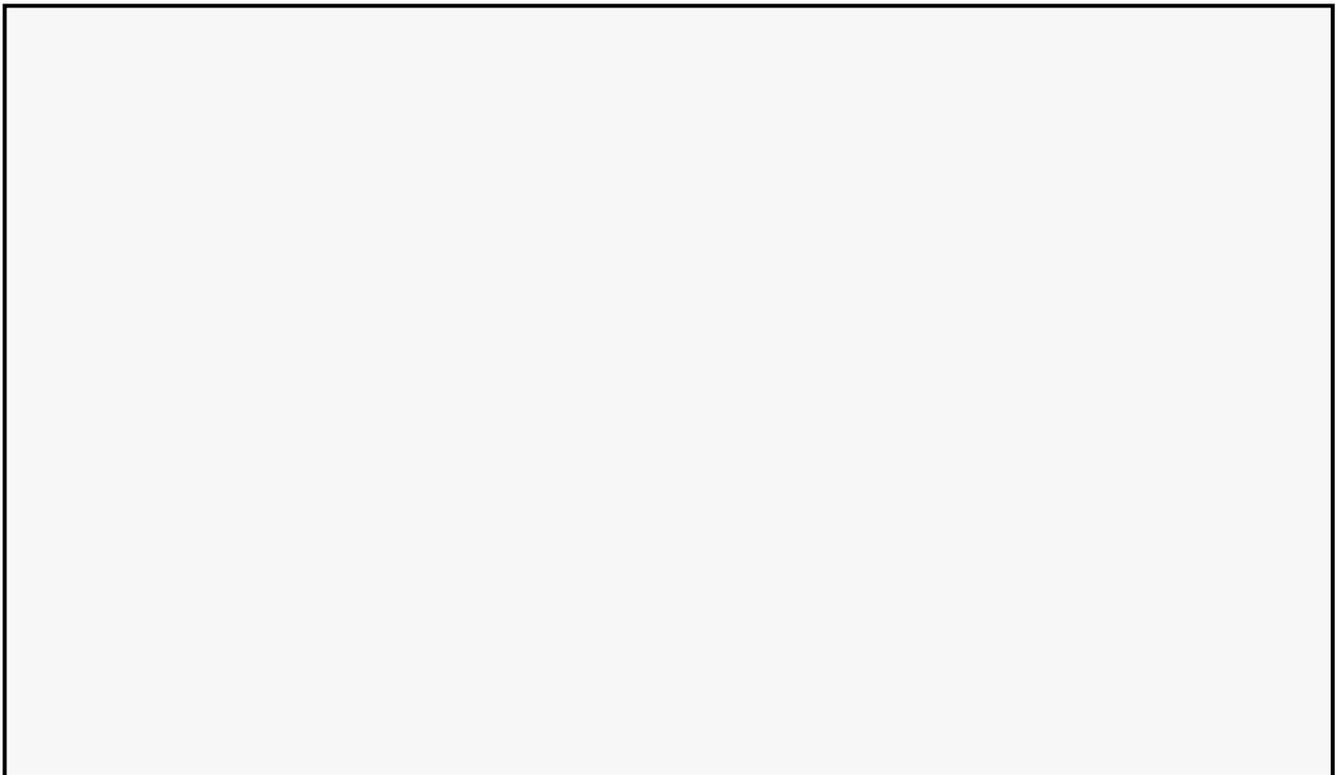
How do you want to look in your clothes? How do you want to be seen? What story do your clothes tell others?

- List 3–10 words that describe how you want to appear
- Think about personality, energy and intention
- Circle your top 2–3.

Examples for inspiration:

Elegant, Polished, Bold, Creative, Refined, Relaxed, Sophisticated, Fresh, Understated, Powerful, Artistic, Unconventional, Traditional, Smart, Unique, Edgy

Write your words:



Make it Yours

Define what each word means to you.

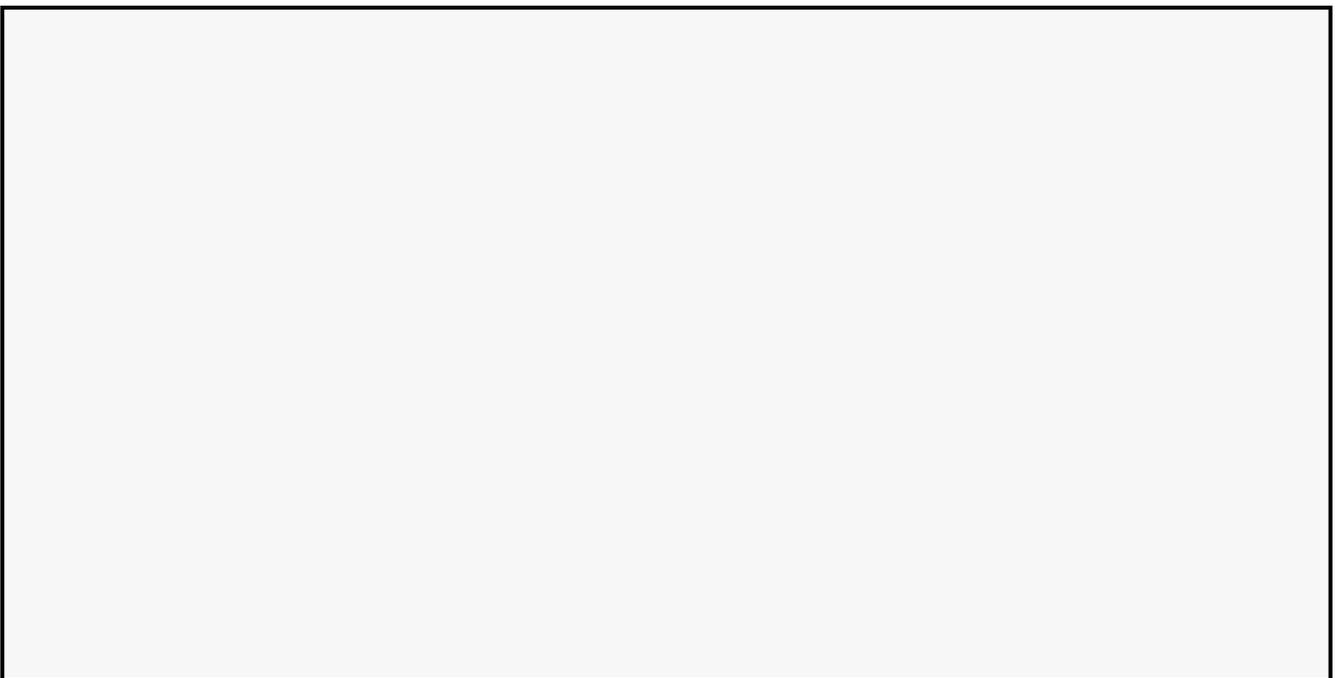
The same word means different things to different women. Write down what your top 4–6 words personally mean—visually, emotionally, or practically.

Examples for inspiration:

“Elegant” = smooth fabrics, clean lines, luxe jewellery, a calm confidence, softly structured, small geometric patterns

“Comfortable” = stretchy fabrics but not sporty, no tags that itch or scratch, make me feel confident as I don’t have to think about my outfit, easy to get on and off. Great fit.

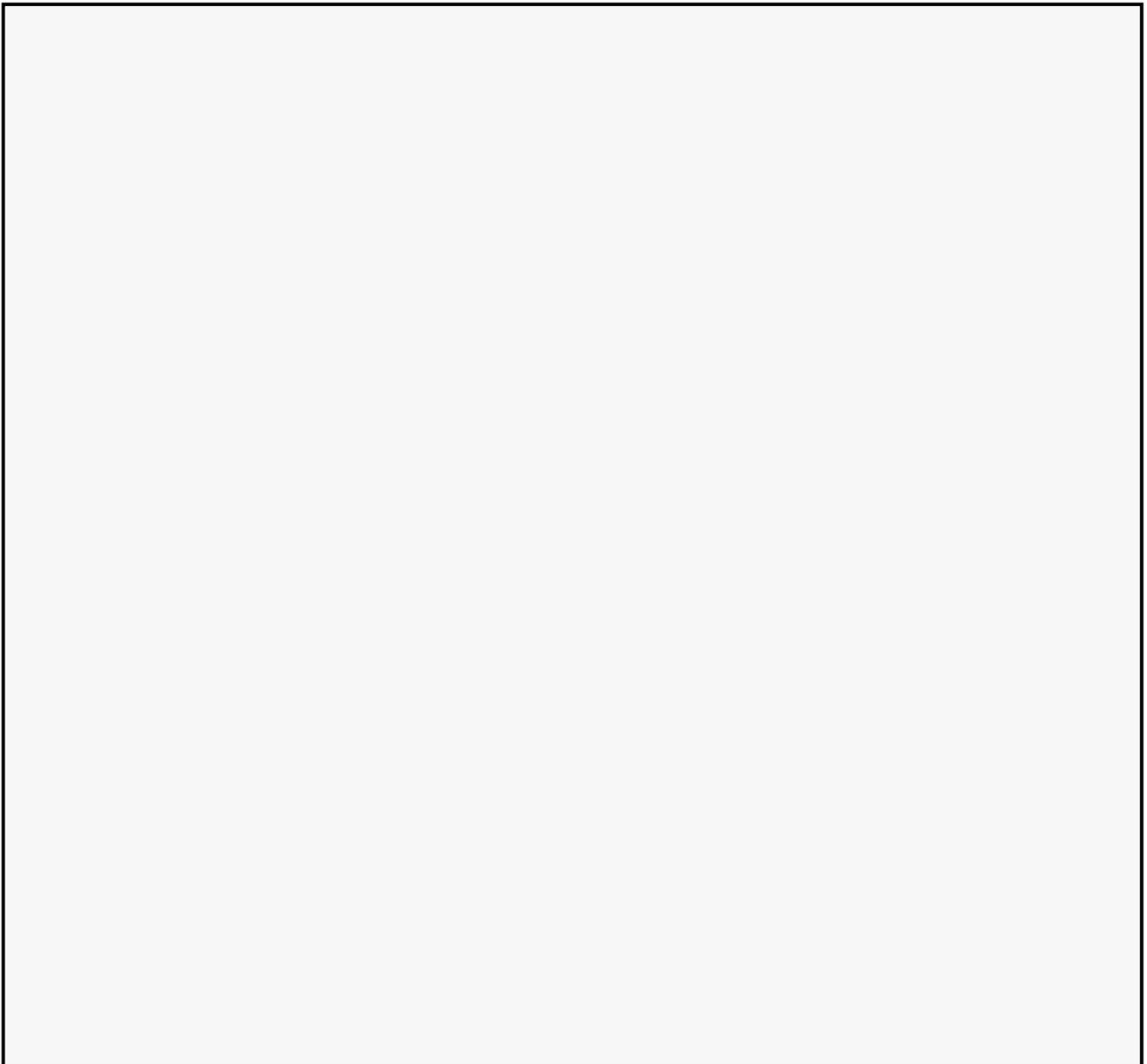
Write your words and their definitions:

A large, empty rectangular box with a black border, intended for the user to write their own words and definitions.

Your Style Recipe

Looking at your visuals, is there anything you want to add to your definitions or alter your words to better reflect you and your style?

Style Recipe Words and Definitions

A large, empty rectangular box with a thin black border, intended for the user to write their style recipe words and definitions.

When to Use Your Style Recipe

Imagine a Wardrobe That Reflects the Your Style Recipe

- When getting dressed each morning - run your outfit choices past your style recipe words. Is it a representation of your whole recipe or is something missing? What could you add or change in your outfit to make it a visual representation of your style recipe?
- When you go shopping for clothing and accessories. Run each potential purchase past your style recipe words. Does this potential purchase meet your requirements or does it fall short? Don't buy anything that falls short!
- When editing your wardrobe. What to keep and what to let go of. Run your style recipe words past each garment you're considering keeping. If they don't meet your style recipe why are you holding onto those garments as they won't make you feel or look how you want to feel and look! It's time to let them go.

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.



Taking Action

Your Top 3 AHA Moments

1

2

3

One Action I'll Take This Week

What's Next?

Your Style Recipe is your beginning. Now let's build your full style system.

You've created a powerful compass—but there's so much more to discover. Inside the 7 Steps to Style program, you'll learn how to turn your vision into a real, wearable wardrobe that reflects all of you.

No more second-guessing. No more wasted shopping trips. Just logic, beauty, and confidence—tailored to your unique body, colouring, and personality.

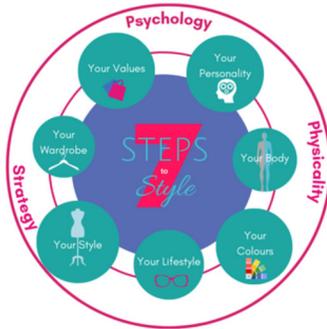
Check all that apply:

- 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

This Style Recipe exercise is powerful—but your full style expression needs a deeper foundation. If this workbook gave you clarity, imagine what a complete system could do

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

- Your ideal colors and how to wear them
- Your best silhouettes based on shape and proportions
- Your unique style expression—beyond Pinterest
- How to curate and shop with total confidence
- How to dress for your life today (not 5- 10 years ago)

PLUS THESE BONUSES

- My Online Shopping Guides
- The Outfit Masterclass
- My How to Mix Colours Guide
- Visualise Your Style program

👉 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

A modern, organized closet with white shelves, a hanging rack of clothes, and a large mirror. The closet is filled with various items, including a black hat, a blue dress, a black sequined dress, a white sequined dress, and a beige dress. There are also several pairs of shoes, including blue high heels and beige flats. A large mirror with a gold frame is on the left side of the closet. The text is overlaid on a semi-transparent white background in the center of the image.

Every day when
you get dressed
you have an
opportunity to
improve your style
so that you feel
more confident
and competent

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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