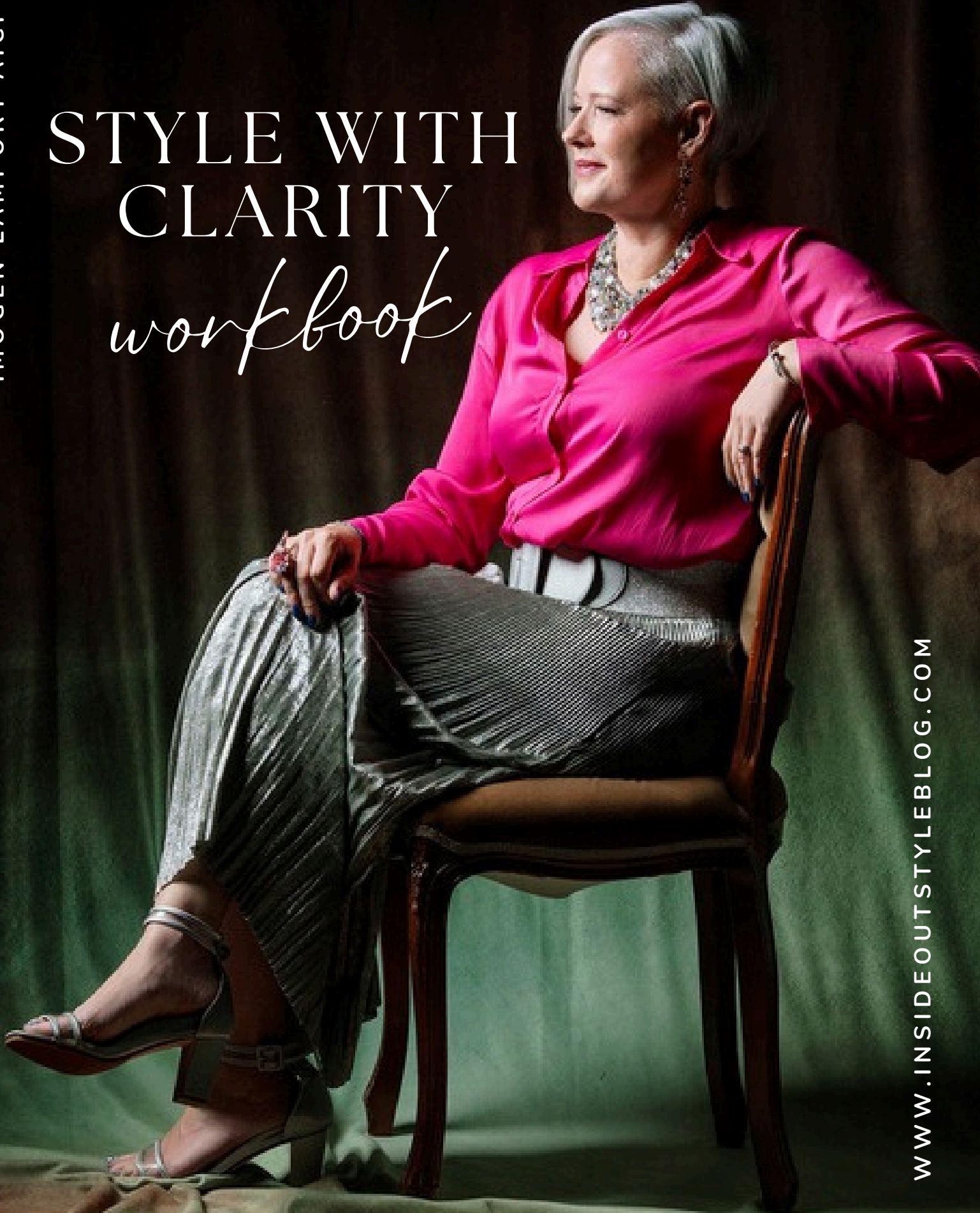


IMOGEN LAMPORT AICI CIP

# STYLE WITH CLARITY

*workbook*



WWW.INSIDEOUTSTYLEBLOG.COM



# 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 do you worry about? What are your fears?

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# 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?

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# 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?

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# PILLAR 1 – *Personality*

Think of an outfit or garment you loved wearing. What details made you feel amazing? (Fabric, shape, colour, texture, pattern, design details, construction, embellishment, vibe?)

# PILLAR 2 – *Body Harmony*

What parts of your body do you currently spend time figuring out how to camouflage?

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Think about your favourite garments that make your body feel good and answer these

What is the silhouette?

What kind of fabric are they?

How do they fit?

Do I currently understand all the elements of body harmony?

Body Shape

Body Proportions

Body Variations

Scale

# PILLAR 3 – *Colour Alignment*

How does wearing your best colours make you look?

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What are some of the benefits of wearing colour over neutrals?

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What colours make you feel most energised, seen, or beautiful and which do you know make you look ill?

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# 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
- Keeping clothes that don't fit

What one habit can you start changing this week?

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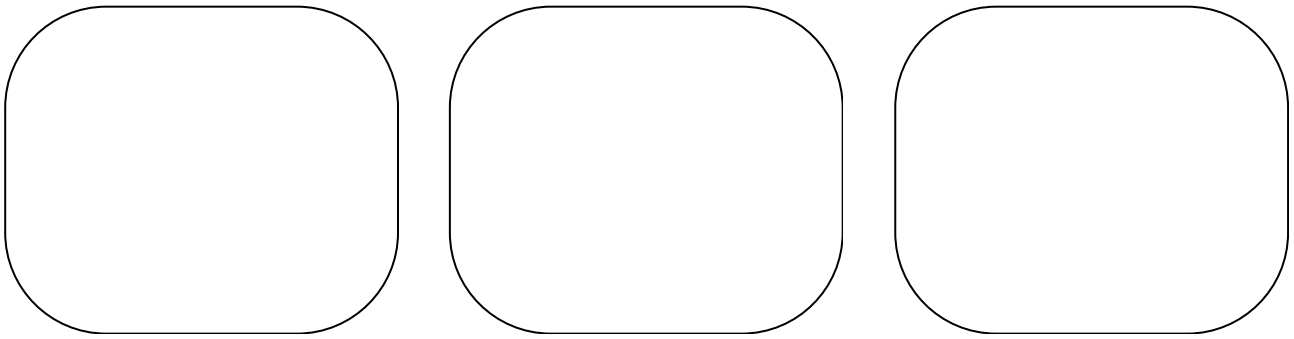
# WHAT'S THE COST *it's holding you back*

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

- Spending ages deciding what to wear
- Feeling like there is something wrong with your outfit but you don't know how to fix it
- Cognitive load
- Disorganised wardrobe
- Wearing the same outfit over and over because you don't know what else to wear
- Buying and returning
- Buying but not returning (because you haven't the time or energy)
- Other

# YOUR STYLE *System Snapshot*

My Top 3 Style Priorities Going Forward:

Three empty rounded rectangular boxes arranged horizontally, intended for writing the top three style priorities.

What would it feel like to trust your style choices again?

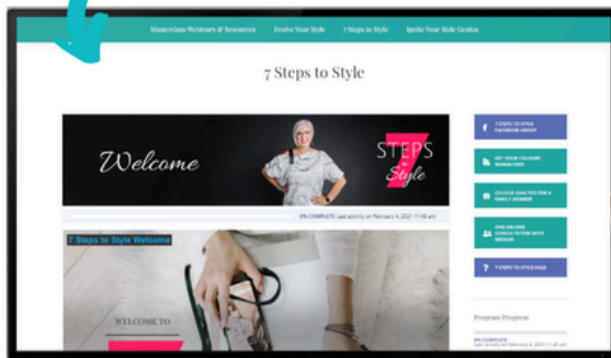
# READY FOR MORE?

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:

- Personalised colour analysis
- Face and body shape analysis
- Style personality assessment
- Wardrobe & shopping strategy
- 6 x Monthly Q&A Zoom calls
- VIP Community access with personal stylist support
- BONUS: Masterclasses plus LIFETIME access to program materials

Lifetime access to **7 Steps to Style**  
Includes Personal Colour Analysis, Face and Body Shape  
Analysis with Imogen Lamport  
Plus 7 Steps to Style Masterclasses!



**7**  
to  
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Printable 7 Steps  
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and Workbooks



6 months access to VIP  
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support