

Who do you really find stylish?

(Has anyone here done a style board? Can we see it, or talk through what your style board is like?)

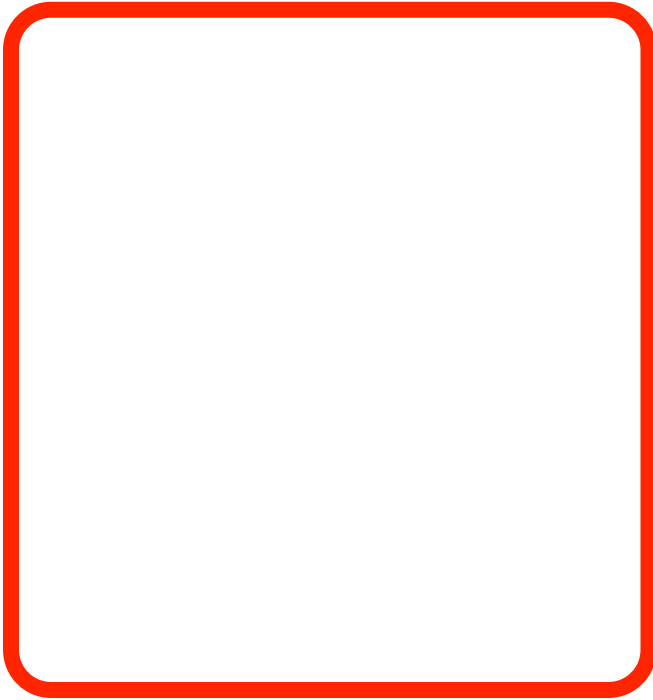


How do you feel about your style?

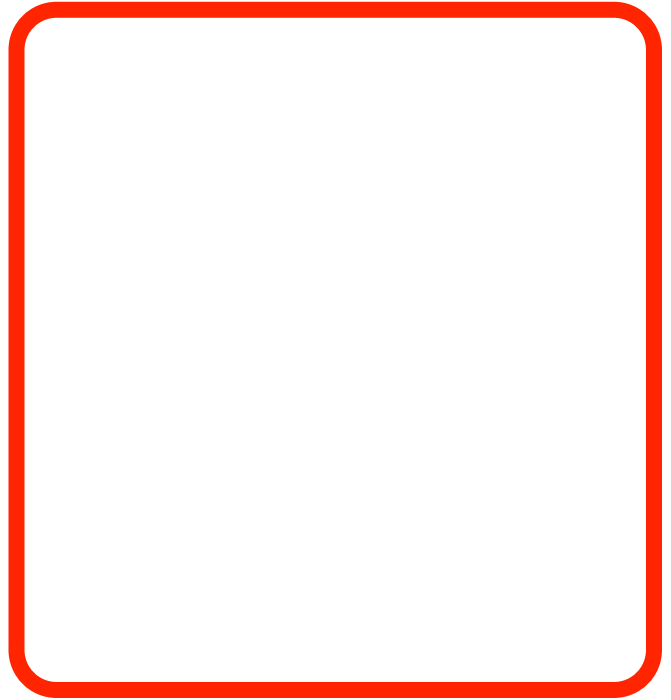
(Do you feel good about it? Not sure?)



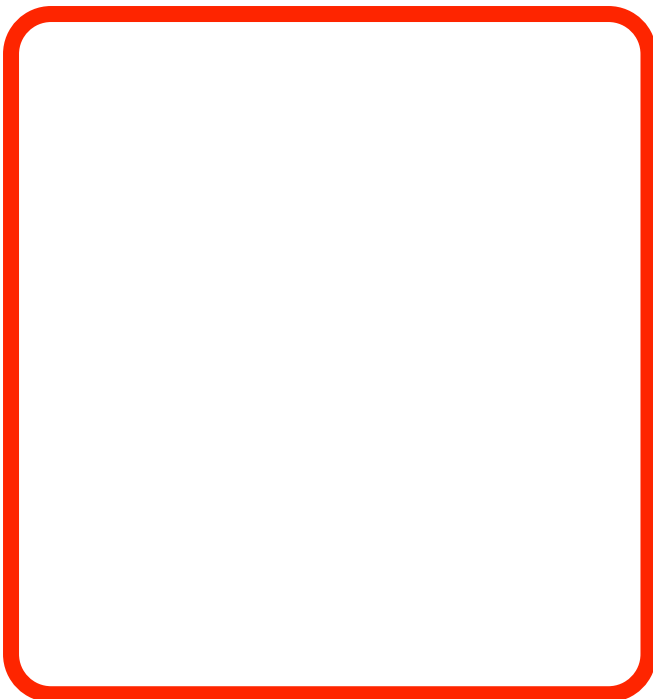
How would you describe your style?  
What does it express?



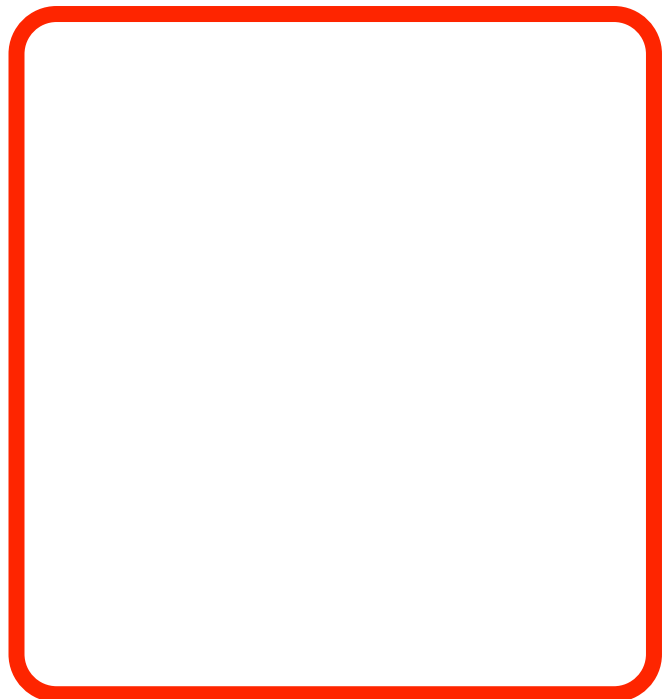
What's been your journey to get to this style?



How do you decide what to buy and wear?



What are your style tips?



What misgivings do you have about your style? How do you wish it was different?



What determines how you dress everyday? E.g. profession, time, budget, mood



We communicate/express who we are by our actions, words, how we sound, smell, and look. Usually, the way we first communicate anything to a stranger is visually. Can you think of any times when you have really admired a female (real or fictional)? Who?



Describe their personality, attitude, attributes, what they do for work, etc.



What's their style? What did it communicate to you?



What are your... Favourite shops?



Favourite style resources, magazines, websites, blogs?



Favourite style tips or advice?



### Color palette

Link: <http://goo.gl/Kc5IGG>

PDF will be on our website

### Body shape

Link: <http://goo.gl/gLZiTV>

PDF will be on our website

### Book a Stylist

The Beauty Tutor [thebeautytutor.com](http://thebeautytutor.com)

or Lisa Ballek @lisaballek on Twitter

## Wardrobe Detox

Go over your wardrobe three times.

- ❖ First time – What are the clothes you never wear, or don't really like? Be honest with yourself. It doesn't matter if they're designer labels or cost loads... Take them out and put them aside.
- ❖ Second time – What are the clothes that make you wear when you're feeling really frumpy; when you're having low self-esteem days? Take them out and put them aside.
- ❖ Third time – Come back the next day, and be brutal this time. Anything that doesn't feel like "you." Anything you haven't worn in ages. Anything that doesn't make you feel really, really great. Put them all aside.

Then:

- ❖ NO: Put all of these "no" clothes away, somewhere that's out of sight and out of mind, like a storage box in the garage.
- ❖ YES: Wear your "yes" clothes for 3 months, then reassess your wardrobe. Work on finding the clothes, shoes, accessories, etc that really make you feel fantastic!

### Mix n Match Wardrobe Tips

[puttingmetogether.com](http://puttingmetogether.com)

### Know any other great style links?

Email us so we can share them [thegirls@girlsclubxo.com](mailto:thegirls@girlsclubxo.com) or put them on the Forums at [www.girlsclubxo.com](http://www.girlsclubxo.com)

## LUCKY LAST... GIRLS CLUB PHOTO SHOOT! Omg.

Want a nice headshot of yourself, to use as a profile picture, etc? We're working with a professional photographer to get a very affordable cost per person – more details coming soon. Let us know if you're interested and we'll send you the link first and give you first dibs.