

Select your clothing to be in harmony with your lifestyle and your personal style; together they determine your needs.

Long before you begin planning a cluster, go shopping, or evaluate your wardrobe, you need to identify the factors contributing to your own lifestyle and personal style. We have more clothing options today than ever before. The time is right to choose what works for you—for the way you live and the way you need or want to look and be seen. To guide you in your choices, examine your lifestyle and your personal style. This experience will involve your personal style.

Personal style puts the focus on the person, describing who you are, and develops in response to your lifestyle; your personality traits and moods; your values, attitudes, and interests; your body build and personal coloring.

Personal style is evident in the usual clothes you choose to wear and the way you usually choose to wear them—how you consistently put the clothes together to meet your needs, in ways specific or unique to you. It's not just the clothes that count, it's the way you wear them—your way.

Personal style is an acquired quality that develops from within and evolves over time. As you observe, imitate and learn from the styles of others, you edit those observations and ideas to fit your personal needs. You, in essence, become a visual composite of many people and many styles, ultimately projecting a unique image of yourself—changing according to what you need, what you love and feel comfortable about wearing. It is not enough, however, to rely on such a general definition of style. It's too vague. We need specifics.

Discovering your personal style comes right down to the nitty-gritty of deciding what specific characteristics of dress and design you are most comfortable wearing most of the time—and feel you could wear for the rest of your life. Personal style implies a consistency in the selection of lines, shapes, colors, patterns and textures.

- It's a matter, for example, of deciding specifically how straight or how curved the dominant silhouettes and lines of your clothing will be: very straight, slightly straight, slightly curved or very curved. It's a matter of deciding how severely tailored or softly styled your clothing will be.
- It's a matter of deciding where on the continuum between light and dark, bright and dull you want the colors of your clothes to be. It's a matter of how smooth or rough, hard-finished or soft, and heavy or delicate the textures of your fabrics will be.
- It's also a matter of whether a woman prefers ribbons and ruffles or braid and bands, of how many and where worn on her apparel.

The specific degrees of each of these details of dress communicate your personality traits and reflect your values, attitudes, interests and lifestyle as they project to self and others an image of the person within. This is personal style.

Personal style may reflect a woman as daringly dramatic, daintily demure or a delightful blend in between; as super sportive, radiantly romantic or a surprising and complementary combination of both; as a traditionally classic conservative, a trend setting free spirit, or a marvelous mix in between.

And if you think this applies to women only, think again. A man's personal style may project him as being macho or mellow, traditional or trendy, shabby or sharp—simply a reflection of his lifestyle and individuality.

For some, the discovery and decisions about dress come almost intuitively. They seem to have an inherent sense of what feels and looks "right" for them. For others, it takes conscious effort to become more aware, to study and to experiment.

Personal style is not something you're born with, can borrow or buy. Regardless of how you acquire yours, it takes years of living, learning and experience to develop a style of your own.

Image from the Inside Out

Inner Self	Outer Self
<ul style="list-style-type: none">• Values• Attitudes• Personality Traits	<ul style="list-style-type: none">• Dress incl. Accessories• Grooming incl. Hygiene• Body Language incl. Etiquette
<ul style="list-style-type: none">• Goals	<ul style="list-style-type: none">• Roles

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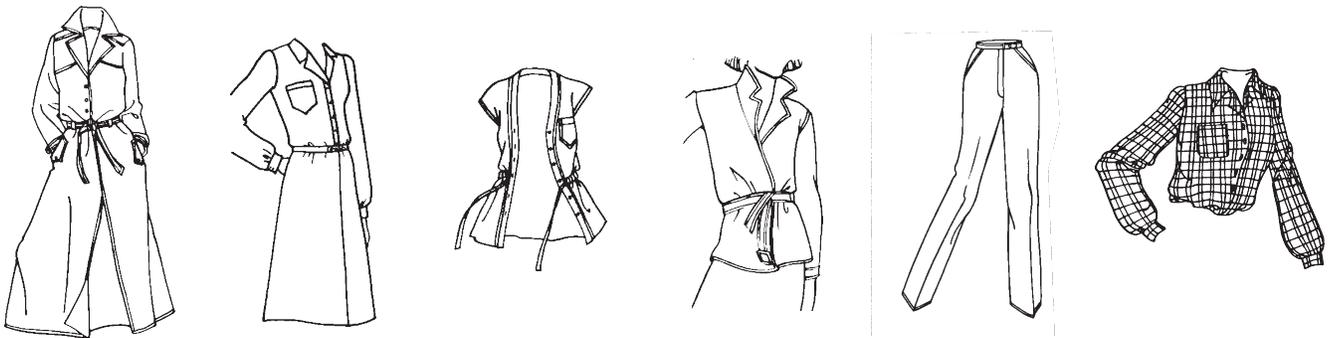


Chinese symbol for Yang and Yin

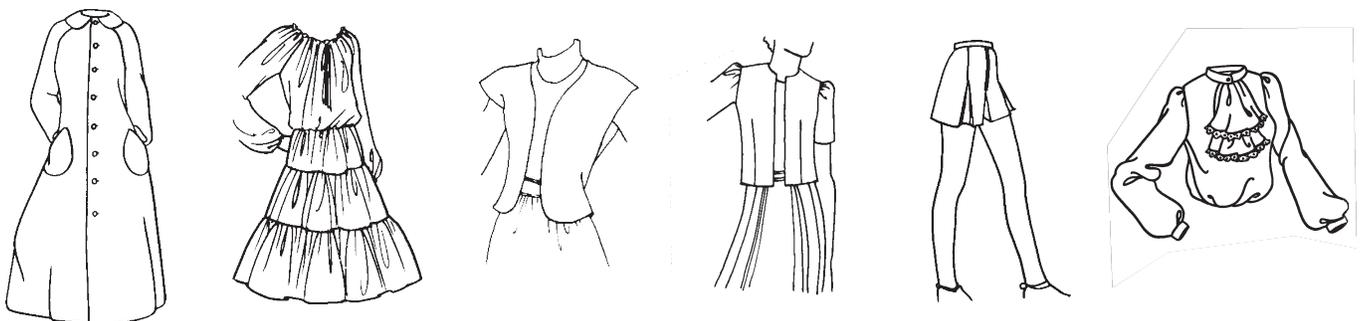
Yin and Yang

The ancient Chinese concept of opposing characteristics or traits in nature is described with the terms yin and yang. The concept relates directly to subordination and dominance, receding and advancing. **Yin** represents subordinate, receding, receptive traits. **Yang** represents dominant, advancing, assertive or authoritative traits. More specifically, to the Chinese, yin means gentleness and softness—the grace of the willow tree, and the delicacy of the moon. Yang means strength and vigor—the sturdiness of the pine tree, and the force of the sun.

Bell Northrup, formerly of the Teachers College at Columbia University, adapted the yin-yang concept in a published paper entitled “An Approach to the Problem of Costume and Personality.” Within Northrup’s paper, the terms yin and yang are used to classify, describe, and compare a person’s physical and psychological or personality traits, as well as design elements or clothing traits. The work has been widely accepted, applied, and modified.



Dominant Yang clothing design for women



Dominant Yin clothing design for women



Combined yin and yang

It should be noted:

- Within Western society, the yin-yang concept has no relevance to good and evil or to sexuality and virility. The terms can be objectively applied to describe physical and psychological characteristics in both women and men, as well as clothing characteristics. You can observe yang women and yin men, or yin traits that surface in men on occasion, and dominant yang traits that surface in women, also dependent on the occasion or situation.
- Seldom is a person yin or yang exclusively; instead, and like the symbol, a person is a combination of both, with one type dominant and the other type subordinate. Both are equally important and interdependent. (No matter where the yin-yang symbol is divided in half, each half contains some of both types.)
- Often, a person has physical traits in conflict with psychological or personality traits, or with personality traits needed in a particular role.
- A person's clothing preferences may clash with the physical body or dominant personality traits.
- Sometimes, a needed or desirable physical effect creates an undesirable psychological effect and vice versa.

For example, 1) Sam is a gymnast and has dominant yin physical and personality traits combined with a few very strong yang traits. He is 5'3" tall, small-boned, soft blond hair, light complexion, with slightly coarse skin and vigorous energetic movement. Sam's personality is predominantly yin being gentle, idealistic, friendly, informal, warm, gentlemanly, and open. Yet his yang traits are very strong. He is independent, deliberate, decisive, and daring. The blend is very dynamic and he can use his clothing to emphasize or subdue individual traits to enhance a specific role such as a motivational speaker for youth. 2) Liz has dominant yang physical and personality traits combined with some yin traits. She is six feet tall and large boned, yet blonde with softly curled hair and light, graceful movements. Liz is independent, deliberate, direct, and forceful, yet idealistic, friendly, and warm. 3) Heather's petite figure and delicate, cute features conflict with her firm, formal, direct, and business-like personality traits so essential in her professional role. 4) Della's preference for feminine yin clothing traits can clash with her strong, direct, formal, and sophisticated personality. 5) Pastels flatter Gina's personal coloring, but they do not reflect her outgoing, vivacious personality. Carefully selected clothing will be useful to blend and balance these contradictory traits.

REALITY CHECK

Begin now to associate the words dominant and advancing with yang; and the words subordinate and receding with yin.

You also differ in yang and yin traits that emerge according to your role or mood of the moment—feeling, acting, and appearing more yin on one occasion and more yang on another.

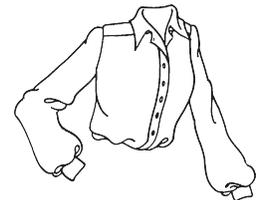
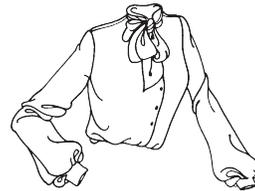
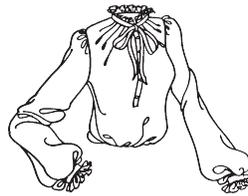
For example, you might feel, act, and appear more yang, closed or cool in a professional setting with business associates, and more yin, open or warm in the home with family members. You might feel and act more yang engaged in active sports, but more yin when out on a date. A dominant yang man or woman might feel more gentle and be willing to appear more yin when with children, while a dominant yin man or woman assumes more yang personality and clothing traits when filling a leadership role.

Degrees of Difference

In considering clothing needs and preferences in relation to physical and personality traits, there are no absolutes, no right or wrong responses. Instead, there are degrees of difference in clothing needs and preference from one person to another, from one place to another, from one occasion to another, and from one day to another. There are degrees of difference in clothing design details, traits, or characteristics that can be used to meet those needs and preferences. Individual differences become more apparent when opposite traits are observed and considered side by side. Within this text, you will often consider opposing yang and yin traits, and work with a continuum between extreme opposites.

YIN

YANG



- DelicateSturdy
- Curved lines Straight lines
- Rounded shapes..... Angular shapes
- Smaller scale..... Larger scale
- Pliable fabric Firmer fabric
- Ruffles and bows Buttons and pleats

YANG



YIN

Different degrees of yin and yang in men's jackets

It is somewhere in between opposites, on a huge middle range, that you will find what design details work best for you. It will be up to you to decide which design traits more nearly reflect your general needs and preferences, or where they appear to be on that continuum between opposing traits. You will learn to counter and reinforce, borrow and blend, or mix selected traits from one side or the other, depending on your mood, the occasion, or purpose. This is a matter of **delicate balance and therein lies the art of successful dressing and personal style.**

Psycho-Physical Traits Which Reflect Opposites

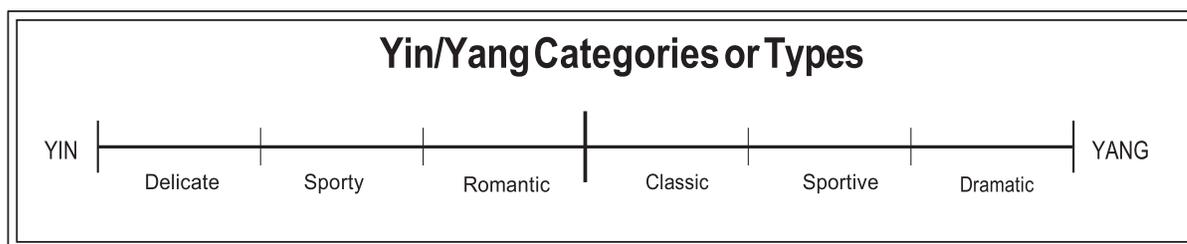
	Yin	Yang
Physical Traits	<p>Receding</p> <ul style="list-style-type: none"> • Shorter 5'4" and under • Small-boned • Delicate, rounded features • Lighter personal coloring • Delicate, low, less dark-light value contrast • Fine-textured skin • Softly curled or tousled hair • Light movement • Graceful walk • Youthful 	<p>Advancing</p> <ul style="list-style-type: none"> • Taller 5'8" and over • Large-boned • Large, angular features • Darker personal coloring • Strong, high, dark-light value contrast • Slightly coarse skin • Sleek, straight, controlled hair • Vigorous movement • Purposeful walk • Mature
Personality Traits	<p>Receptive/Approachable</p> <ul style="list-style-type: none"> • Gentle • Dependent • Impulsive • Idealistic • Pliant • Yielding • Subtle • Demure • Friendly • Informal • Warm • Naive • Open • Fragile • Quiet 	<p>Assertive/Authoritative</p> <ul style="list-style-type: none"> • Forceful • Independent • Deliberate • Realistic • Firm • Decisive • Direct • Daring • Reserved • Formal • Cool • Sophisticated • Closed • Stable • Loud
Clothing Traits	<p>Receding/Receptive/Untailored</p> <ul style="list-style-type: none"> • Curved lines • Broken lines • Curved shapes and silhouette • Small scale shapes and patterns • Soft, light colors* • Pliable fabric, knit • Lightweight • Fine, smooth textures • Less or low, subtle contrasts • Untailored • Unstructured 	<p>Advancing/Assertive/Tailored</p> <ul style="list-style-type: none"> • Straight lines • Solid, unbroken lines • Angular shapes and silhouette • Large scale shapes and patterns • Bold, dark colors* • Firm fabric, woven • Heavyweight • Coarse, rough textures • More or high, bold contrasts • Tailored • Structured

*Special Note: When it comes to color in clothing, Western European and American cultures do not adhere to traditional Eastern Asian Yin-Yang symbolism. Due to traditional roles of authority in Western cultures, dark colors are perceived as assertive or authoritative Yang and light colors as receptive or approachable Yin.

Yin/Yang Personal Style Categories

In her work, Bell Northrup divided the yin/yang continuum into six sections, categories, or types. She gave each section along the continuum a descriptive name to simplify communication. She identified many body traits, personality traits, and clothing traits stereotypically characteristic for each category or type.

You will remember that personal style in dress involves “the usual clothes you choose to wear, and the way you usually choose to wear them—how you consistently put the clothes together to meet your needs, in ways uniquely you.” Northrup identified the typical clothing women in each category—or personal style type—usually choose. Each category is unique in terms of the clothes needed by the body and the personality traits characteristic for that category or type. The six categories include 1) delicate, 2) sporty, 3) romantic, 4) classic, 5) sportive, and 6) dramatic.



The names and words Northrup used may not be the best words available, nor the names or words you might have used. This is to be expected, particularly with such subjective topics as the body, personality, and clothing. Yin/yang charts in this book have been updated and expanded in the effort to assist understanding and application. Even this effort does not resolve all conflicts in name or word usage.

For example, take the word “submissive,” generally included as a stereotypical yin characteristic. Keep in mind, all characteristics are “apparent” traits—what appears to be, not necessarily what actually is. Real life provides us with endless numbers of visually yin individuals possessing wonderfully soft-spoken, gentle manners who are incredibly strong. These people are capable of great accomplishments. Depending on their roles and response from others, they may choose to modify typical yin clothing, introducing some yang design traits to better communicate their strengths and abilities. It is for the rest of us to perceive what appears to be true but to wait for further association to confirm or modify our perception.

WOMEN Yin and Yang

General and Typical Descriptive Traits
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Delicate Yin: The delicate girl is shorter and small-boned. Skin and hair color are generally light. She chooses more untailed clothing styles with more curved lines and shapes in soft, sheer fabrics and lighter, pastel colors such as pink, mint, blue, and lilac, with smaller scale or more dainty design details. Floral patterns and dresses delight her. She appears approachable, gentle, innocent, pure, youthful, and polite in her manner.

Sporty Yin: The sporty girl is shorter and smaller-boned. Skin may be freckled. Hair color is generally light to medium, including rusty-red. She chooses more untailed to casual-tailed clothing styles in softer fabrics and medium to brighter colors such as red, white, and blue. Checks and smaller plaids are typical. She loves her shorts and jeans. She appears approachable, perky, and youthful, more energetic, and casual in her manner.

Romantic Yin: The romantic woman is average in height and more curvaceous. Skin and hair color may be light, medium, or dark. She chooses more softly tailored clothing styles in draped fabrics and rich, muted colors such as burgundy and teal. Larger scale florals and paisley patterns are favorites. She appears more approachable, sensitive and sensuous, more charming and gracious in her manner.

Classic Yang: The classic woman is average in height and proportion. Skin and hair color are generally medium light to medium dark. She chooses more tailored clothing styles in firmer fabrics and neutral colors such as gray and navy blue. Smaller geometric patterns such as pinstripes and glen plaids please her. She appears more authoritative, confident and mature, more formal and poised in her manner.

Sportive Yang: The sportive gal is taller and larger-boned. Skin is often tanned. Hair color is generally medium to dark. She chooses more casual tailored and softly tailored clothing styles, including slacks, in textured fabrics and earthy colors such as rust, camel, brown, olive, and hunter green. Larger scale plaids, herringbone, and leaf prints work well for her. She appears authoritative, strong, confident, more determined, but less formal in her manner.

Dramatic Yang: The dramatic woman is generally taller and more angular. Skin is light, medium, to dark. Hair color is often very light or very dark. She chooses extremely tailored to bold untailed clothing styles with strong dark-light contrast such as black and white or red and purple. Larger, angular, or abstract patterns are her first choice and metallics are favorites. She appears assertive, sophisticated, theatrical, more formal, yet temperamental in her manner.

Clothing Communicates

	Message	Some Clothing Characteristics, Cues, or Clues	
		Women	Men
Occasion	Dressy, formal, sophisticated, glamorous	Wider scoop or lower neckline, strapless, long fitted sleeve, trumpet sleeve, draped bodices and skirts, long skirt, palazzo pants, satin or beaded dress, tuxedo, cummerbund, sparkling jewelry, patent leather shoes, fabric shoes, strappy heels	Tuxedo, formal shirt, bow tie, cummerbund, silk vest, formal braces, silk evening scarf, studs and cuff links, patent leather shoes, cashmere overcoat
	Formal business and leadership	2-3 piece matched suit, firm to crisp smooth fabric, darker colors, straight and A-line skirts, shirtwaist dress, coatdress, overcoat, pumps	2-3 piece matched suit, firm to crisp smooth fabric, darker colors, geometric patterns, straight collar, dress shirt, french cuffs, tie, pocket square, suspenders, overcoat, dress shoe
	Casual, relaxed, business, and leadership	Crew or V-necklines, convertible collars, unmatched suit, trouser/pant, shoulder and skirt yokes, jumper, sweaters, sweater sets, blazer, boots, low-heel shoe, loafer	Crew or V-necklines, convertible collars, shoulder yokes, unmatched suit, sport coat, blazer, sweaters, sweater vest, sport shirt, button-down or band collar, loafer, moccasin-style slip-on, nubuck casual shoe
	Casual, relaxed, at home, sporty/ sportive	Crew or V-necklines, convertible collars, T-shirt, shorts, jeans, tear-away pants, sweats, sweaters, parka, canvas shoes, athletic shoes, sandals, caps	Crew or V-necklines, convertible collars, T-shirt, shorts, jeans, sweats, tear-away pants, sweaters, parka, canvas shoes, athletic shoes, sandals, caps
	Lounging, sleeping	P.J.'s, nightgown, negligee, caftan, night shirt, flannel, satin, or chiffon, lace, slippers, robe	Pajamas, robe, nightshirt, T-shirt, boxers, drawstring waist pants, flannel, luxury cotton, slippers, moccasins
Personality	Serious, stern, aloof, authoritative	Straight lines, restrained curves, dark or dull colors, black, gray, firm or stiff fabric, small patterns, pinstripes, high or buttoned collar, long sleeves, straight and A-line skirts, matched suit, coatdress, minimal trim, small to medium conservative jewelry	Straight lines, restrained curves, dark or dull colors, black, gray, firm or stiff fabric, small patterns, pinstripes, plain, point or snap tab collar, long sleeves, tailored plain or reverse-pleat pant, matched suit, minimal trim, small to medium pattern tie, conservative accessories
	Energetic, fun, friendly, approachable, outgoing	Full-curved lines, bright colors, gathers, pleats, knits, plaids, prints, polka dots, soft fabrics, bold contrast, scoop neckline, open collar, short, puffed, or pushed-up sleeves, colorful trim, casual larger jewelry	Curved lines, brighter colors, knits, plaids, checks, stripes, prints, soft fabrics, loose fit, bold contrasts, polo, crew, henley, or mock turtle necklines, open collar, short or pushed-up sleeves, casual styled belt, socks, shoes, hat or gloves
	Calm, quiet, gentle, supportive	Solid colors, subtle color contrast, small and floral prints, fitted styles, princess seamlines, soft, thin, delicate sheer fabrics, soft gathers and flair, bows, small or delicate jewelry	Solid colors, subtle color contrast, small patterns, small, floral, or paisley print tie, softly tailored styles, soft or fine fabrics, soft pleats and natural shoulder line, simple, soft, sophisticated accessories

Interactive Exercise: Design Traits/Design Details

Look at what you're wearing.

- Identify and list clothing items.
- Identify and list receding, yin traits in each item.
- Identify and list advancing, yang traits in each item.

Clothing Item	Receding, Approachable, Yin Traits	Advancing, Authoritative, Yang Traits

Interactive Exercise: Closet Cues and Preference

Look in your closet, selecting five to ten favorite pieces of clothing and five to ten less favorite pieces of clothing.

- Identify the messages the clothes reflect or communicate.
- Identify the clothing cue, characteristic, or design detail that sends the signal.
- Analyze and conclude how the messages might influence your preference in clothes.

	Clothing Item	Values Type	Message	Cues/Clues/Characteristics
Favorite Clothes				
Less Favorite Clothes				

Conclusions:

Interactive Exercise: My Physical Characteristics or Traits

- Physical characteristics are most obvious—noticed first—and must be presented well.
- Plot your physical characteristics on a continuum between opposites.
- If totally unsure about a characteristic, omit it.

	Very	Somewhat	Slightly	Average	Slightly	Somewhat	Very	
Short	----- ----- ----- ----- ----- -----						Tall	
Small boned	----- ----- ----- ----- ----- -----						Large boned	
Narrow or sloped shoulders	----- ----- ----- ----- ----- -----						Broad or square shoulders	
Soft body	----- ----- ----- ----- ----- -----						Firm body	
Rounded facial features	----- ----- ----- ----- ----- -----						Angular facial features	
Small features	----- ----- ----- ----- ----- -----						Large features	
Blue eyes	----- ----- ----- ----- ----- -----						Brown eyes	
Light hair	----- ----- ----- ----- ----- -----						Dark hair	
Light skin	----- ----- ----- ----- ----- -----						Dark skin	
Less color contrast	----- ----- ----- ----- ----- -----						Strong color contrast	
Tousled, curled hair	----- ----- ----- ----- ----- -----						Straight, controlled hair	
Fine-textured skin	----- ----- ----- ----- ----- -----						Coarse-textured skin	
Relaxed posture	----- ----- ----- ----- ----- -----						Rigid posture	
Dainty movement	----- ----- ----- ----- ----- -----						Vigorous movement	
Graceful walk	----- ----- ----- ----- ----- -----						Energetic walk	
Higher voice	----- ----- ----- ----- ----- -----						Lower Voice	
Youthful	----- ----- ----- ----- ----- -----						Mature	

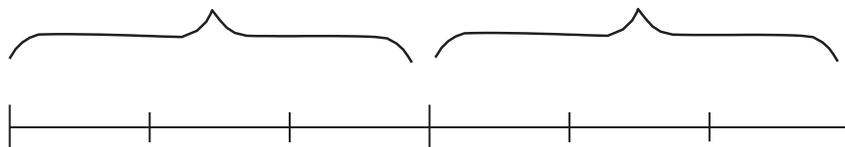
<p>Receding</p> <p>Approachable</p> <p>Untailored</p> <p>Yin</p>		<p>Advancing</p> <p>Authoritative</p> <p>Tailored</p> <p>Yang</p>
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Interactive Exercise: My Personality Characteristics or Traits

- Personality characteristics or traits are most important to you. Be true to
- Plot your personality characteristics on a continuum between opposites.
- If you feel like you exhibit both characteristics, position a point toward each side.
- If totally unsure about a characteristic, omit it.

	<i>Almost Always</i>	<i>Often</i>	<i>Some- times</i>	<i>Almost Never</i>	<i>Some- times</i>	<i>Often</i>	<i>Almost Always</i>
Receptive							Assertive
Pliant							Firm, rigid
Gentle							Forceful
Emotional							Logical
Impulsive							Deliberate
Naive							Sophisticated
Idealistic							Realistic
Relaxed							Competitive
Friendly							Reserved, aloof
Subtle							Direct
Frivolous							Serious
Sensitive							Callous
Permissive							Authoritarian
Informal							Formal
Dependent							Independent
Quiet, shy							Loud, bold

Receding
Approachable
Untailored
Yin



Advancing
Authoritative
Tailored
Yang

Interactive Exercise: My Preferred Clothing Characteristics

- Clothing is a resource you can use to present the body attractively and the personality honestly, harmoniously, congruently.
- Plot your preferred clothing characteristics on a continuum between opposites.
- If you feel you like and wear both characteristics, position a point toward each side.
- If totally unsure about a characteristic, omit it.

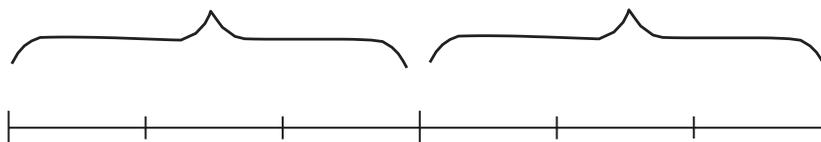
	<i>Almost Always</i>	<i>Often</i>	<i>Some-times</i>	<i>Almost Never</i>	<i>Some-times</i>	<i>Often</i>	<i>Almost Always</i>
Delicate							Sturdy, durable
Curved, broken lines							Straight, unbroken lines
Rounded shape							Angular shape
Very fitted							Slightly fitted
Pliable fabric							Firm fabric
Light weight fabrics							Heavy weight fabrics
Fine textures							Coarse textures
Smooth textures							Rough textures
Soft textures							Hard surface textures
Cool hues							Warm hues
Light values, tints*							Dark values, shades*
Pastel or bright colors							Dulled, muted colors
Low color contrasts							High color contrasts
Small scale shapes							Large scale shapes
Florals							Plaids, geometrics
Dots							Stripes
Sheer, transparent							Opaque
Chambray							Denim
Corduroy							Tweed
Velveteen							Gabardine
Blouses							Shirts
Skirts or shorts							Pants
Dresses							Suits
Silver							Gold
Pearls							Stones, chains
Collarless							Collar and/or lapel
Ruffles							Pleats
Bows							Ties
Gathered							Draped
Many details							Few details
Decorative design							Structural design

Receding

Approachable

Untailored

Yin



Advancing

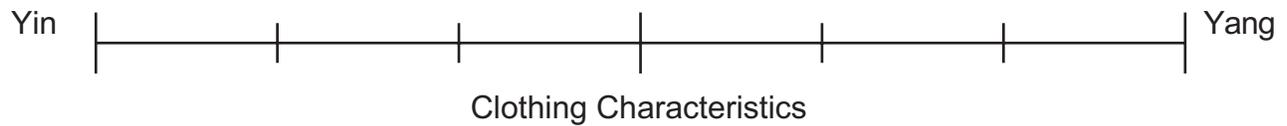
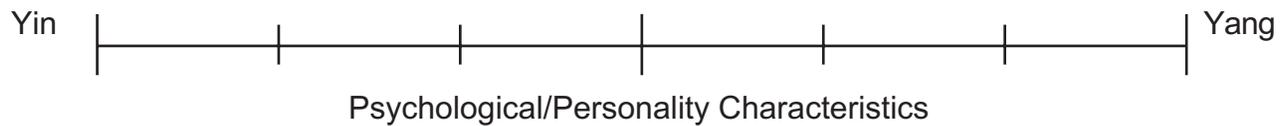
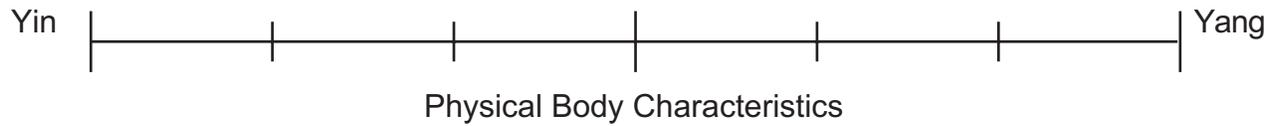
Authoritative

Tailored

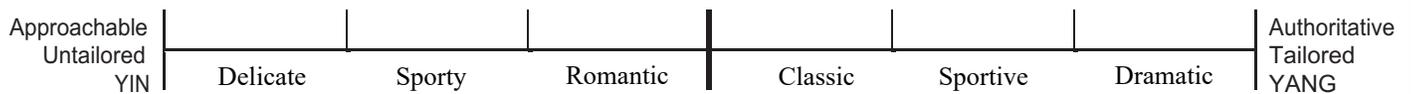
Yang

Interactive Exercise: Summary Preferred Clothing Characteristics

- Having plotted your physical and personality characteristics, as well as your preferred clothing characteristics, consider each as a group and position yourself in the following Yin/Yang continuums.



Now, determine your range or limits on the following Yin/Yang continuum.

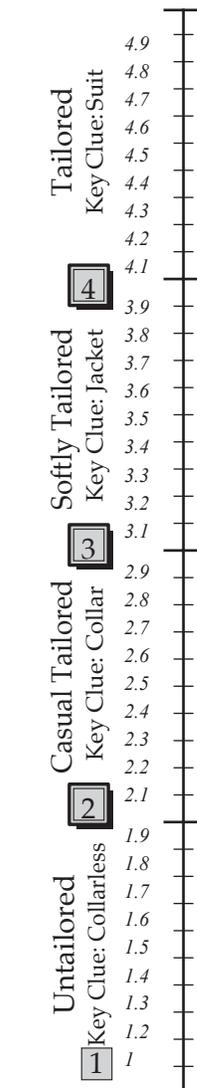


Strategic Dressing Framework

Image Management and the Social-Psychological Language of Clothes - Women

Personal/
Professional
Style Scale®

High Authority



	Appropriate		Authentic	Attractive		Affordable						
Message Mood Attitude	Role Profession	Occasion	Values & Personality	Body Types & Clothing Silhouettes	Color Type (Partial)	Outfit Styling Details	Line	Shape	Color	Texture	Pattern	
Authoritative	Executive Administrative	Urban	<u>Theoretical</u>		High Contrast High Intensity	Matched Suit Layered Longer Lengths Dress Shirt/ Blouse Straight- Pencil Skirt Slacks Leather Belt Lace-up Leather Shoes/Pumps 3" Heels	Vertical Straight Long Sharp Jagged Zig Zag Chevron Opposing Perpendicular Even/Parallel	Inverted Triangle Rectangle Square	White Black Charcoal Navy Blue Brown Deep Olive Chestnut Burgundy Mallard Raisin	Wool Worsted Wool Serge Wool Gabardine Wool Flannel Wool/Silk Crepe Cashmere Satin Velvet Pique Pinpoint	Pinstripe Pencil Stripe Chalk Stripe Glen Plaid Windowpane Mini-Check	
Credible	Clergy Military Government Law Finance Front Office	Job Interview Church/Temple Court Wedding Funeral Prom Concerts Theater Fine Dining	<u>Political</u> <u>Religious</u> <u>Aesthetic</u> Maturity Refined Knowledge Orderly Morality Modesty Honesty Beauty Harmony									
Persuasive	Leadership	Suburban	<u>Economic</u>		Medium-High Contrast and/or Intensity	Jacket Layer Medium (3/4) Lengths Sport Shirt/ Blouse A-Line Skirt Slacks Slip on Leather Shoes 2" Heels	Diagonal Radiating Bent/Transitional Thick Solid Rough Smooth Meandering Restrained Curve Combination	Triangle Trapezoid Hexagon	Sapphire Milk- Chocolate Olive Rust Hunter Teal Amethyst Plum Berry Ochre	Tweed Leather Suede Bouclé Linen Silk Noil Charmeuse Oxford Broadcloth	Herringbone Houndstooth Check Birdseye/ Nailhead Donegal Tweed Tattersall Plaid Scotch/Tartan Plaid Argyle	
More Formal	Government Law Finance Front Office	Job Interview Church/Temple Court Wedding Funeral Concert Theater/Movies Nicer Dining Mall, Shopping	<u>Social</u> Frugal Efficient Versatile Easy Care Balance Appropriate Equality Friendly Helpful Mannerly									
Precise	Top-Level Mtg. Conferences Presentations	Sm. Town/Rural Off-Site Retreat School Mall, Shopping Errands Movies Bridal Party Casual Parties & Dining Spectator- Sports	<u>Exploratory</u>		Medium-Low Contrast and/or Intensity	Vest Layer Sweater Layer Collar Shorter Lengths Campshirt/ Blouse Flared Skirt/ Pants Loafers/Flats 1" Heels	Horizontal Uneven/Converging Short Thin Porous Fuzzy Broken Dotted S-Curve Combination	Hourglass Diamond Heart	Royal Blue Pumpkin Avocado Coral Scarlet/Red Grass Peacock Iris Grape Canary	Cotton Twill Chino Corduroy Wool/Silk Knit Blended Crepe Jersey Seersucker Eyelet Cotton Knit Velour	Border Print Paisley Print Floral Pin Dot Madras Plaid Tattersall Check Buffalo Check Animal Print Tropical Print Gingham Check	
Stable	Presentations	Errands Movies Bridal Party Casual Parties & Dining Spectator- Sports	Creative Artistic Entertaining Unique Flexible Tolerant Independent Trendy									
Available	Landscaping Recreation Sports Team Life Guard	After School After Work "Weekend"	<u>Sensory</u>		Little to No Contrast Low Intensity	No Layers Collarless Sleeveless Strapless Circle/Bouffant Skirt T-Shirt/Tanks Sweat Shirt/Pants Jeans Harem/Skinny Pants Shorts Canvas Shoes Sandals	Convex Arc Concave Arc Wavy Swirl Crimped Ruffled Scalloped Looped Coiled Full Circle	Bell Oval Circle	Periwinkle Vanilla Lettuce Shrimp Pink Aqua Mist Cucumber Powder Blue Lavender Lemonade	Denim Sailcloth Crinklecloth Chambray Cotton Flannel Poly Knit Sweat Shirting Fleece Gauze	Awning Stripe Coin Dot Tie Dyed Hawaiian Novelty	
Agreeable		Beach, Canyon, & Pool Parties	Comfort Youthful Fun Sensual Solitary									
Responsive		Cleaning Gardening Active Sports Exercise Sleeping										
Casual												
Easy-Going												
Temporary												



Low Authority

Start A Style File

By Dani Slaugh

Who cares about what you wear? Maybe no one. But you do. Think about it. **If you were to switch wardrobes with your neighbor, and could only wear their clothes, would you feel like your normal self?** Of course not. It would be comical really. The clothes wouldn't fit right, the patterns would be off - not like your favorites, colors would be too bright or too blah, and when you put them on you just feel like something's off. Kind of like dressing during Covid. How has the pandemic affected your clothing choices? Maybe you haven't switched wardrobes with your neighbor, but you may have put on some weight and the clothes aren't fitting right. Maybe you've gotten so used to comfy athleisure styles that you've forgotten how nice it feels to get dressed up, losing an aspect of who you are, and becoming much more one-dimensional in the process. The truth is, what you wear truly does affect how you feel about yourself. How has your Covid clothing choices affected your mental health? With so many things beyond our control right now, what you wear and how it makes you feel is one of the few things you can control. So I'm giving you three ways to get out of the style rut and **enhance your mood using something as simple as your clothing.**

- 1. Start your Style File** using Pinterest or your online closet (which you most certainly have if you've work with me in the past). Never underestimate the power of envisioning how you want to look and who you want to be, even if the next couple of months are uncertain. Using a few online tools is a great way to collect images of how you see your future self.
 - Gradually, you'll accumulate a collection of pictured styles truly representative of your lifestyle, preferences and needs.
 - As you get dressed every day and consider additions to your wardrobe, your collection will serve as a guide, a reminder of the parts and pieces of your personal style.
 - Notice what the images have in common. Are the patterns similar? How about the colors? Are they dulled or bright? Dark or light? Warm or cool? What about the shapes in the clothes? How will they work with the shape of your figure?
- 2. Create at least three different looks with some of your favorite standbys.** You might try a different accessory, a different color combination, a new look in layering pieces. Be creative and have fun.
 - Make it easy to recreate by taking a picture and/or hanging the look together in your closet (within the cluster the outfit belongs in).
 - Check out this post on how to triple the looks in your wardrobe with simple layering tricks: <https://www.stylebydani.com/blog/how-to-triple-the-looks-in-your-wardrobe-with-these-clever-layering-tricks>
- 3. For a period of one week, put together a different look with your clothes and try to project a different image each day.** Forget trying out styles you obviously don't like or obviously don't fit.
 - As you go about your day, tune into how you feel, how you act and how others react to you. You'll feel a surge of self-confidence about your appearance and know you're on the right track when you can say, "Yes, that one, that's for me." Then put it on and forget it, getting on with your day.
 - You'll know when you've nailed your personal style when you're getting consistent positive responses from others or those close to you respond with immediate approval.

With a bit of self-analysis you'll become more in tune with your personal style and confident creating the image you've dreamed of.