

# *The Style* **CLARITY** *Workbook*



CREATE  
A WARDROBE  
USING YOUR OWN  
FASHION RULES

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**ACTIVITY SIX:**

## Establish Your Style Boundaries

Now that you have a better idea of your ideal image, it's time to start working towards a cohesive style that conveys that image. The point here isn't to identify one outfit that is 100% applicable to every situation in your life. Rather, we're looking for ways to make small style connections between them all, like Jessica's sexy bra and pencil skirt. You can call these connections whatever you want—a structure, a template—the important thing is to establish the boundaries within which your style can come out to play.

If Caroline, the preschool teacher/pinup queen, were to do this activity, I imagine her discovering that she can carry over her love of 40s nostalgia into her daytime look by incorporating aspects of the traditional suburban housewife look—twinsets, A-line skirts, or belted dresses. She'd develop her overall style into a fun June Cleaver-meets-Betty Page sort of thing. Then, depending on the situation, she'd select an appropriate outfit which would fall somewhere along that spectrum.

For this activity, we are going to make a list. Well—two lists, really. The first will define all the things your personal style is or potentially can be (the yays), and the second will list all the things it is definitely not (the nays). Use your magazine inspiration sheets and your two weeks of outfit sheets for guidance here.

### What to include (whether you love them or hate them):

Particular items of clothing  
(including accessories, shoes, etc.)

Colors, fabrics, patterns, textures

Decades or eras

Celebrity style icons

Fashion designers

Movies, musicals, or books

Cities, landmarks, architecture

## WORKSHEET:

## My Style Yays and Nays

My Style Is:

[illegible]

My Style Is Not:

WORKSHEET:

## Bianca's Style Yays and Nays

My Style Is:

*Pencil skirts*

*Turquoise and gemstones*

*Fitted blazers  
and cardigans*

*Oversized  
handbags*

*Ballet flats*

*Black*

*Solid colors*

*Modernized classics*

*Jason Wu*

*The 40s and 50s*

*Lena Horne*

*The Empire State  
Building*

*Mildred  
Pierce*

My Style Is Not:

*Harem pants*

*Diamonds*

*Anything  
double-breasted*

*Little purses  
with chain straps*

*Uggs*

*Neon*

*Polka Dots*

*Excessive styles*

*Roberto Cavalli*

*The 80s*

*Lady Gaga*

*The Bilbao Guggenheim  
Museum*

*Rocky Horror Picture  
Show*

## REAL WOMEN SPEAK:

## What's Your Biggest Style Misstep?

### *Julia, 29*

When I got my first personal assistant job, I thought I'd be so chic and wear heels to the office. I splurged and bought five pairs—one for every day of the week. The only problem (aside from the blisters and bruised toenails) was that I happen to have the coordination of a baby giraffe. The other assistants nicknamed me “Clompy,” and I didn't even make it to my first paycheck before I twisted my ankle and completely broke a shoe. Now it's nothing but ballet flats for this girl.

### *Renee, 38*

I went far too long before I realized that low-rise jeans are just not flattering on my body. But for a couple of years there, it was the only style of jeans I could find. I suppose I could have shifted over to pants or skirts if I'd really been motivated to change, but instead I just gritted my teeth and went with the flow. I did a total dance for joy once waists started rising again, and now I'm more aware of my body and what styles flatter it. Oh, and I've pretty much burned every photo of myself from the low-rise era.

### *Sage, 26*

I pretty much went through my entire four years of college wearing pajamas or sweatpants. (I wasn't the only one, either. Looking back, it's truly shocking the number of girls who wore pajama bottoms everywhere, including class. We were a dumpy, frumpy crew, I imagine.) Granted, I was pre-med and didn't do much of anything besides study, but it still really annoys me that I wasted my prime hottie years swathed in baggy flannel and fleece.

*Sue, 35*

Until very recently, I would say the majority of my adult years were one big style misstep. I've bought into every horrible trend in the past fifteen years or so. Skinny jeans? Check. Blouses with those big annoying bell sleeves? Check. I even went through a baby doll dress/Uggs phase that I'm totally not proud of. Finally I decided that my clothes choices were telling the world loud and clear that I had absolutely no personality of my own. Now I stick to more timeless, classic stuff. I feel more like me, plus it saves me from having to trash my entire wardrobe every season!

## Style Idea Starters

On the next few pages, you'll find descriptions of the more popular style types covered by fashion magazines and style guides. The purpose of these here, however, is not to simply choose one and declare it to be your style. As I said at the beginning of this section, you won't be finding any quizzes to pigeonhole you into one particular look in this book. Since we're all about personal style, it's a 100% personal process.

Like my friends Jessica and Caroline, most of us are probably a combination of two or more of these types. Feel free to pick and choose elements or aspects at will. I recommend you go through the style notes on each page and highlight words or items that resonate with you. This will prepare you for Activity Seven, in which you'll finally get to define your very own personal style.