

Guide to Personal Style

Activity Workbook

**Celebrate your unique self with a
wardrobe & style unlike anyone else**

FROM YOUR BUDDY, MEG LEWIS! DARNGOOD.CO [@DARNGOOOOD](https://twitter.com/DARNGOOOOD)

Welcome to the Guide to Personal Style Activity Workbook

I've always been attracted to the word style, over the word fashion, because it's something so personal to each of us that it completely transcends trends and remains constant throughout our lives. Style is an outward expression of what makes us unique and it changes as we become curious, gain more knowledge, expand our worldview, and change ourselves. Style can grow, change, and mature right along with us. Style exists in everyone whether they're thought of as "stylish" or not. Personal style is about what makes us feel confidently ourselves, not uncomfortable or insecure.

I'm really pumped to help everyone be excited about, and celebrate, their own personal style. With style, we can not only feel comfortable and confident in what we wear, but we can also express what makes our personalities unique and show-off what makes our bodies different.

I'm excited to teach you how to do all this, and more, in this activity workbook!

**YOUR BUDDY,
MEG LEWIS!**

About this activity workbook

This activity workbook is a free download from me, Meg Lewis at Full Time You. I encourage you to print this baby out for optimal results. But, hey, a lot of us don't have printers or we'd like an extra tree in the world. If that's the case, please feel free to pop this open on your desktop, tablet, or phone, and add your challenge answers via digital text.

If you like this workbook and are curious to learn even more about yourself, you'll love Full Time You! Head over to <http://fulltimeyou.co> to learn more and enroll.

WHAT'S INSIDE?

- **Get to know yourself!** You'll go through a series of challenges to describe your current style and your curiosities.
- **Your unique style.** Here we'll determine what makes your personality & body unique and determine key messages you want to communicate through your wardrobe.
- ▲ **Your personal style action plan.** You'll come up with a plan to communicate your unique personality into a wardrobe that celebrates your body and gets your message across!

**Get to know
yourself!**

GET TO KNOW YOURSELF  CHALLENGE 1

Describe the clothing you wear that make you feel most confident.

TIPS

- ◆ This can be individual garments you own or high-level types of clothing you feel most comfortable, powerful, and most yourself wearing.

MEG'S EXAMPLE

I feel most confident when I'm wearing mostly black clothing with bright pops of color for accessorizing. I also feel confident when I have bold, graphic, oversized patterns. I feel most confident when I'm wearing a statement piece I know a lot of other people don't own or wearing something I know a lot of people have but approaching it in a new way that feels right to me.

GET TO KNOW YOURSELF  CHALLENGE 2

What do you wear that feels most you?

TIPS

- ◆ This can be a specific article of clothing or a broad category of clothing or accessory.
- ▲ Stuck? Try making a list! Start specific with certain key clothing or accessory items and get more broad as you go.

MEG'S EXAMPLE

I feel the most me when I'm wearing all black but accessorizing in a wide array of my favorite colors (pink, blue, green, red). It perfectly represents my design style and aesthetic and feels comfortable to wear!

GET TO KNOW YOURSELF  CHALLENGE 3

What kind of new wardrobe style directions are you curious about?

TIPS

- ◆ Brainstorm different things that you've been curious about wearing, but aren't able to commit to yet.
- ▲ Stuck? Try thinking about the style of other people you admire or looking through Pinterest for inspiration.

MEG'S EXAMPLE

I'm curious about adding even more color into my wardrobe and trying to color-block my entire wardrobe rather than heavily relying on black constantly. I'm curious about wearing more heels, even though they're uncomfortable. I'm curious about wearing more statement jewelry pieces and getting into athleisure.

**Your unique
style.**

YOUR UNIQUE STYLE  CHALLENGE 1

Write down **3** things that are unique about your personality.

1

2

3

TIPS

- ◆ These should be things that have existed inside your personality since childhood or habits you've formed over a long period of time.
- ▲ These might be things you've thought were flaws or things that you thought were "wrong" with you.
- Stuck? Ask friends, family, or the people who know you best to point-out the qualities that make you most unique!

MEG'S EXAMPLE

I love change! I've never even bought the same shampoo twice.

I'm a weirdo and am not interested in hiding that part of my personality.

I'm an extrovert but I also love spending time by myself. I'm quiet and introspective most of the time.

YOUR UNIQUE STYLE ◆ CHALLENGE 2

Write down 3 things that are unique about your body.

1

2

3

TIPS

- ◆ It's time to be excited about what physically makes you different than everyone else. Let's stop being embarrassed about what makes our bodies different and start celebrating them instead!
- ▲ These might be things about your body that you've been trying to hide, things others have pointed out, or things you're excited to flaunt.

MEG'S EXAMPLE

I'm short, only 5'2".

I have very small, wrinkly hands.

I have a large chest for someone of my size.

YOUR UNIQUE STYLE  CHALLENGE 3

Write down **3** key messages you want to communicate with your wardrobe, look, & style.

1

2

3

TIPS

- ◆ These can be messages you want to communicate or things you want to outwardly shout to the world through the way you look.
- ▲ Stuck? Think about how you can use communicate your personality visually through your wardrobe.

MEG'S EXAMPLE

I'm fun and approachable. Come talk to me, we'll have a good time!

I'm not perfect.

I'm not afraid to make bold choices.

Your personal style action plan.

YOUR PERSONAL STYLE ACTION PLAN  CHALLENGE 1

I can show-off my unique quality

INSERT UNIQUE PERSONALITY QUALITY 1

by changing my wardrobe, look, & style to:

I can show-off my unique quality

INSERT UNIQUE PERSONALITY QUALITY 2

by changing my wardrobe, look, & style to:

I can show-off my unique quality

INSERT UNIQUE PERSONALITY QUALITY 3

by changing my wardrobe, look, & style to:

TIPS

- ◆ Go back to the challenge on page 6 to identify the unique qualities of your personality to fill in the blanks with.
- ▲ Stuck? Think about how you can show-off your amazing, unique personality with wearing what makes you feel most confident and most you while bringing in new wardrobe elements!

MEG'S EXAMPLE

*I can show-off my unique quality **loving change** by changing my wardrobe, look, & style to make sure my wardrobe is highly modular and can be easily customized and accessorized so I never have to wear the same outfit twice!*

*I can show-off my unique quality **being weird** by changing my wardrobe, look, & style to make sure I'm showing that off with wacky patterns, fun accessories, and as much humor in what I wear as possible!*

*I can show-off my unique quality **being a quiet extrovert** by changing my wardrobe, look, & style to always look fun yet understated at the same time!*

YOUR PERSONAL STYLE ACTION PLAN  CHALLENGE 2

I can show-off my unique quality

INSERT UNIQUE BODY QUALITY 1

by changing my wardrobe, look, & style to:

I can show-off my unique quality

INSERT UNIQUE BODY QUALITY 2

by changing my wardrobe, look, & style to:

I can show-off my unique quality

INSERT UNIQUE BODY QUALITY 3

by changing my wardrobe, look, & style to:

TIPS

- ◆ Go back to the challenge on page 7 to identify the unique qualities of your body to fill in the blanks with.
- ▲ Stuck? Think about how you can show-off your amazing, unique body with wearing what makes you feel most confident and most you while bringing in new wardrobe elements!

MEG'S EXAMPLE

*I can show-off my unique quality **being short** by changing my wardrobe, look, & style to wear **fun heels or platform shoes as often as possible!***

*I can show-off my unique quality **having small, wrinkly hands** by changing my wardrobe, look, & style to **get my nails done often, buy fun rings, and flaunt my hands rather than try to hide them!***

*I can show-off my unique quality **having a large chest for my size** by changing my wardrobe, look, & style to **finding intimates brands that make products in my size and getting fun with what I wear rather than trying to hide that feature!***

YOUR PERSONAL STYLE ACTION PLAN  CHALLENGE 3

I can communicate my key message

INSERT KEY MESSAGE 1

with my wardrobe, look, & style by:

I can communicate my key message

INSERT KEY MESSAGE 2

with my wardrobe, look, & style by:

I can communicate my key message

INSERT KEY MESSAGE 3

with my wardrobe, look, & style by:

TIPS

- ◆ Go back to the challenge on page 8 to identify the key messages to fill in the blanks with.
- ▲ Stuck? Think about how you can communicate your key messages while showing off your unique personality and what makes your body different than everyone else!

MEG'S EXAMPLE

I can communicate my key message I'm fun and approachable with my wardrobe, look, & style by wearing fun, bold patterns and accessories that are playful!

I can communicate my key message I'm not perfect with my wardrobe, look, & style by flaunting when things go wrong ("my shirt is on inside out today, oops!") and not putting too much work into my makeup!

I can communicate my key message I'm not afraid to make bold choices with my wardrobe, look, & style by taking risks with my wardrobe and mixing items, patterns, and styles in a bold way!

You did it!



Need 1-1 guidance?

Feeling stuck with your personal style? I offer personalized coaching sessions!

[DARNGOOD.CO/HERE4U](https://darngood.co/here4u)

#FullTimeYou

Interact with the community and me with our handy Full Time You hashtag.

Don't forget to tag me!

[@DARNGOOD](https://twitter.com/DARNGOOD)

Take your time!

These challenges were hard! Go back in the workbook and correct your answers as you learn more about yourself and grow naturally.

What now?

Words are great, but let's see how your style actually looks! Try creating a mood board on Pinterest to make sure your new wardrobe, look, & style direction visually looks right to you and refine from there.

Love this workbook?

If you had a gas defining your personal style, you'll love Full Time You! At FTY, we'll determine what makes you amazing, special, and unique and translate that to a career and job description just for you!

Learn more & enroll at

[FULLTIMEYOU.CO](https://fulltimeyou.co)

