



HOW AND WHY YOU SHOULD ANALYSE YOUR OUTFIT

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INTRODUCTION

Take a little time at the end of the day to analyse your outfit, so that you can better understand your personal style identity, know what outfits work for you and what don't, and also make small tweaks to improve your outfit for next time.

I also recommend taking photos of your outfit each day – they don't have to be great quality as they are just for you, but just taking a quick “selfie” really helps you get clarity on what works for you and what doesn't.

Let's go through the list of questions to ask.





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How to analyse your outfit

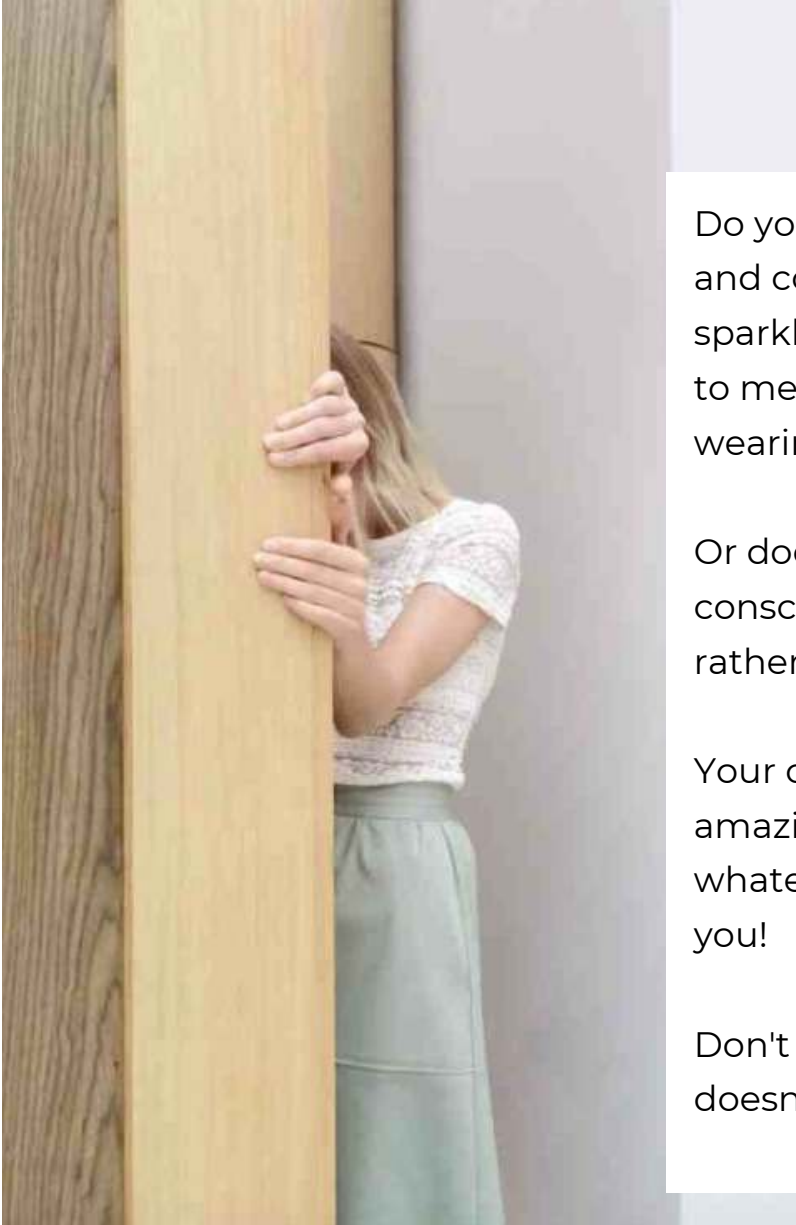
1 DO YOU FEEL THE OUTFIT SENDS THE MESSAGE YOU WANT AND COMMUNICATES YOUR PERSONAL STYLE ?

First impressions count, and it takes just seven seconds for someone to form an opinion about you. In that time, you will be judged on your confidence, likeability, perceived level of intelligence, self-esteem, trustworthiness amongst a host of other factors; and 55% of that judgment is based on your appearance.

Does the outfit you are wearing express who you are as a person and convey the image you want it to?



2 HOW DO YOU FEEL?



Do you immediately feel vibrant and confident? Does it make you sparkle, and would you be happy to meet an ex-boyfriend/ ex-boss wearing this outfit?

Or does it make you feel self-conscious and that you would rather hide behind a pillar?

Your outfit should make you feel amazing and ready to take on whatever challenges life throws at you!

Don't settle for something that doesn't make you feel amazing!



3 DOES IT FIT YOU?

Does it fit perfectly? Or is it too big/ too small?

Do you need to make an alteration?

Would taking a garment to the tailor and having it adjusted to fit you elevate your look?

Never underestimate the importance of a perfect fit!



4 DOES IT FLATTER YOU?

Dressing for your body type is a big game-changer, so does this outfit flatter you and highlight your assets?

If not, why not? Does it make an area of your body look out of proportion?



Can you make a small tweak to change that? For example, if you think that an outfit draws attention to your stomach and you're not happy with that try adding a statement necklace to draw the eye up to your face.

How about adding a belt to define your waist?

5 DO YOU LIKE THE FABRIC?

Is the fabric comfortable?
Does it hang well? Does it
flatter you when you move or
does it cling to your lumps
and bumps?

In general, quality fabrics such
as silk and cotton and natural
fabrics such as wool and
cashmere will feel more
luxurious next to your skin
and will be more flattering.





6 DOES IT MAKE YOU FEEL PHYSICALLY COMFORTABLE?

Were you too hot? too cold?

If you love the outfit, consider tweaking it to add layers for next time so it is easier to regulate how warm or cold you are.

Smart-layering lets you take control of your day, whatever the season or activity

7 DOES THE COLOUR MAKE YOU COME ALIVE?

Wearing the right colours will enhance your natural colouring, make your skin glow, help you to look younger, camouflage redness and blemishes, make your eyes appear larger and brighter and make your face shape look more defined.

Conversely, the 'wrong' colours will drain colour away from your face and make your complexion look dull, grey or pasty, make you look tired and perhaps older, emphasise facial lines and blemishes and make your face look fuller and eye colour duller and most importantly will make your clothes look like they are wearing you!

What does this outfit do to you? Which colours make you look alive and which drain you?





8 IS IT APPROPRIATE FOR THE SITUATION/ EVENT

Some outfits are appropriate for certain situations but not for others!

It seems obvious, but whilst wearing shorts and a tee to the beach is perfectly acceptable, it is not appropriate for a business meeting or a job interview

9 DO THE COMBINATIONS WORK?

It's not just about what you wear, but how you wear it and combination is the key here.

This is a bit more complicated, so I am going to keep it short; but basically do the colours work all together? How about the prints and fabrics?





FINALLY, WOULD YOU WANT TO WEAR THIS OUTFIT AGAIN?

So I can hear you saying, “But, why isn’t this the first question – because if the answer is “No”, then the other questions are irrelevant”.

However, it is still a worthwhile exercise to ask the other questions as the “Why not?” can give you lots of tips so that you don’t make the same mistake again, and can teach you a lot about what you like and what you don’t like, which is a great starting point to discover your style personality type.

And if the answer is “Yes”, take a photo and create a “mood board” to help you identify your style type and also to remember which outfits work for you!

FINAL THOUGHTS

I hope you find these tips helpful!

But, most importantly, remember that the key to any style is to wear what feels good on you and what makes you happy !

Julia x



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