

THE STYLE COACH

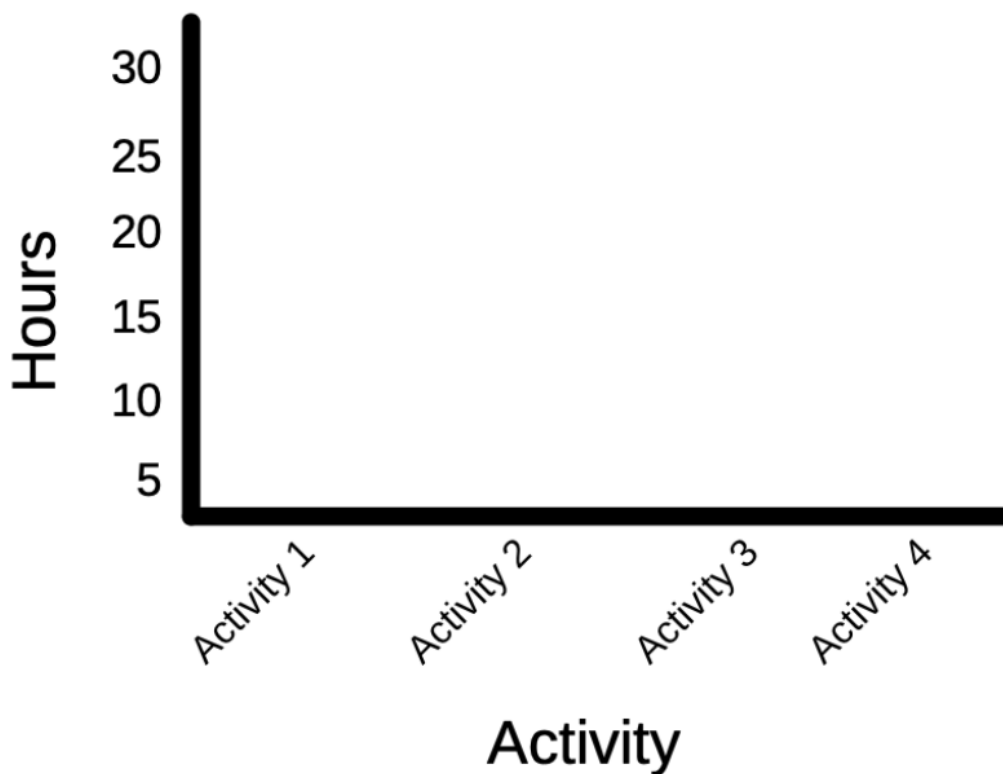
Confidence In Style

03 August 2022

Week 2: Part 2

Use the graph to map out how many hours a week you spend on your activities. Your wardrobe should be proportional to the amount of time you spend on each activity. E.G. if you spend the majority of your time doing outdoor pursuits, then your wardrobe should be mostly made up of leisure wear suitable for that activity.

If your wardrobe is not proportional to your activities, what needs to change?



Visualising Your Style Through Vision Boards

Why create a vision board?

- It allows your mind to focus on what is important through your Reticular Activating System (a filter for your mind).

Here is a short video to see exactly how it works:

https://youtu.be/p0bDAT_SEVU

If you are interested in creating a digital vision board, you can create one easily and for free using Pinterest:

www.pinterest.com

Creating a wishlist:

- Please create a wishlist of clothes, accessories, shoes etc that catch your eye.
- Do not act on them straight away
- Instead, review them a week later and check in if you really want the item or it was just an impulsive reaction.

If you would like to know more about the Reticular Activating System (RAS) here is a short video explaining it:

<https://youtu.be/QCnfAzAlhVw>