

# THE STYLE COACH™

## Confidence In Style

08 August 2022

### Week 3: Part 1

#### Finding Inspiration

List all the ways you can find inspiration for style.

Try the 'Shop Your Wardrobe' technique.

- Find an image of an outfit that you like
- Break it down into the three elements of 'Overall Aesthetic, Style Elements, Style Tweaks.'
- Interpret these from items you have in your own wardrobe.

Make a note of what worked and what didn't.

If it didn't work, could you substitute an item for something else?