

A FREE STYLE GUIDE

FIND YOUR STYLE IN 7 DAYS

*Colors, Shapes,
Silhouettes & Mood*

*A clear
7-day method
to build your
signature look.*

Dress with clarity. Show up with intention.

FIND YOUR STYLE IN 7 DAYS

01 — THE 7-DAY STYLE RESET

*Personal style is not random.
It is a pattern.*

DAY
1

DAY 1 — Notice what
you already repeat

DAY
2

DAY 2 — Find your
best colors

DAY
3

DAY 3 — Define your
favorite shapes

DAY
4

DAY 4 — Choose your
ideal silhouette

DAY
5

DAY 5 — Name your
style mood

DAY
6

DAY 6 — Build 3 easy
outfit formulas

DAY
7

DAY 7 — Edit and lock
your signature look

*The goal is not
more clothes.
The goal is
more clarity.*

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02 — COLORS & MOOD

*Your palette and your energy
should speak the same language.*



1. START WITH NEUTRALS

*black, cream, white,
chocolate, navy, camel*



2. PICK 1–2 ACCENTS

*choose colors that brighten
your face and repeat easily*



3. CHOOSE 3 MOOD WORDS

*polished / bold / soft
modern / feminine / magnetic*



4. MAKE A MICRO MOODBOARD

*save 10 looks, then circle
what repeats: color, texture,
attitude*

Palette formula:

70% neutrals + **20%** texture + **10%** accent.



03 — SHAPES & SILHOUETTES

Style gets easier when you know what lines love your body.

★ NOTICE YOUR FAVORITE SHAPES

- sharp
- soft
- straight
- curved

★ CHECK YOUR BEST NECKLINES

- crew
- square
- sweetheart
- V-neck
- halter

★ TEST YOUR SILHOUETTE

- body-skimming
- tailored
- oversized
- column
- cinched

★ SAVE WHAT FLATTERS

*Take mirror photos.
Keep only what feels balanced,
elongating, and natural.*

WHAT TO LOOK FOR

- ✓ good shoulder line
- ✓ clean waist placement
- ✓ easy movement
- ✓ strong leg line



04 — BUILD YOUR STYLE FORMULA

*Once you know your repeats,
dressing becomes simple.*



1. HERO PIECES

- one dress shape
- one top shape
- one trouser or skirt shape



2. SIGNATURE DETAILS

- *favorite earrings*
- *neckline*
- *fabric*
- *shoe mood*
- *bag shape*



3. 3 EASY OUTFIT FORMULAS

- *sleek top + tailored bottom + clean heel*
- *simple dress + statement earring + mini bag*
- *soft blouse + dark denim + belt + loafer*

*“ A signature style is
repetition with intention.”*



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05 – YOUR STYLE CODE

This is the final filter that turns inspiration into identity.



MY COLOR STORY

neutrals + accents + metals



MY BEST SILHOUETTES

fitted / fluid / tailored / elongated



MY STYLE MOOD

choose 3 words



MY NON-NEGOTIABLES

*favorite shoes, best bag,
top beauty detail,
signature fabric*



WRITE YOUR STYLE SENTENCE

*My style is polished, feminine, and modern
with clean lines, rich neutrals,
and one magnetic detail.*

*Your style is not found in one outfit.
It is revealed through repetition.*