

Personal Style *Journal Prompts*

TELLING THE STORY OF WHO YOU ARE, IN STYLE

"There are two key components to your style intention: how you want to feel in your clothes, and how you want to look in your clothes. The clearer you are about these two important areas, the more money you'll save (in the long run) and the more cohesive your wardrobe will be." -
thecapsuleproject.co

Those quote questions are the
first & most important...

How do you want to feel in your clothes,
most days? See if you can take a moment
to breathe in the feeling you identified.

Take a moment to breathe in and out
deeply & slowly, and then, expect an
image to pop into your mind in answer to
this next question. How do you want to
look in your clothes, most of the time?

What could you wear when you
aren't feeling your best?

How do you comfort yourself on sick days?

Are there colors and fabrics and outfits that
would not only feel like you, but add even
more comfort?

Fill in the blank for this question. People like me once they realize I am ... or experience me as ... Can you picture an outfit, or a part of an outfit, that would connect you with

that part of yourself?

Style Icons.

Are there style icons,
movie characters, book
characters or others who
remind you of yourself?
What do they wear that
you like or admire?



Fill in the blank...

I would love it if people experienced me as ...

And if your answer depends on the situation, think of a few different ones and consider how that affects your response.

Fill in the blank...

There are times when what I need most to remember is that I am ...

What are those qualities you most need to remember & support? And what are the times you need them most?

What insights did you
gain about your style?

Write them in your journal

Thank you for
Journaling