

FASHION 101



remember!

"What you wear DOES NOT define you or determine your worth, but it can help you feel confident as you define and determine your life."

- Sister White

closet staples

1. JEANS that make you feel amazing (blue, and also black, gray or white)
2. LEGGINGS (skinny or flared)
3. TOPS (Basic short sleeve tee, basic long sleeve tee, nice top/shirt)
4. SHORTS that fit you well
5. DRESSES (1 basic and 1 dressier)
6. JACKETS (1 casual like denim, 1 nicer like a wool coat)
7. LAYERS (pullover sweaters and hoodies)
8. SHOES (boots, sneakers, dress shoes)
9. JEWELRY (basic earrings, necklaces or bracelets to mix and match)
10. BRAS that fit you!

think about these:

- Do I feel comfortable in this outfit?
- Does this outfit make me feel confident?
- Is this outfit showing respect for myself?
- Am I showing respect for the location/event?
- Am I presenting myself in the way I want to be seen and valued?
- Am I drawing attention to myself in a positive or negative way with this outfit?
- Why am I wearing this outfit? Is it to draw attention to certain areas? Is it to blend in and not be noticed?

notes