

PART 2.5
SHAPE + FIT

DON'T
FORCE
PIECES
THAT
DON'T
FIT.

How our clothes fit profoundly impacts how we feel about our bodies and, in turn, ourselves as a whole. Choosing shapes and silhouettes that we feel good in makes a major difference when it comes to achieving lean closet contentment.

SHAPE + FIT OBJECTIVES

1

Identify the fit and shape of the pieces you love and wear most

2

Create a list of silhouettes to refer to

3

Use the list as a baseline whenever adding or trying new shapes and fits

1. Let's get the negativity out of the way first. What clothes make you feel uncomfortable or self conscious?

2. What clothes do you feel most...

COMFORTABLE/CASUAL/RELAXED IN?

ELEGANT/STYLISH/CHIC IN?

SULTRY/SEXY/ALLURING IN?

CONFIDENT/COOL/PUT-TOGETHER IN?

5. List the different shapes [garment structure] and fits [how it wears] of the pieces you mentioned above:

6. Pull a few photos of those silhouettes. Make note of the key elements in each and what activities they're best suited for.
