



## TOP TEN TIPS FOR DRESSING WELL

- 1) Understand your body type.
- 2) Recognize the difference between perception vs actual when looking at your body in the mirror.
- 3) Pick your best attribute and play it up when dressing.
- 4) Understand what styles look best for your body type.
- 5) Know what wearable basics you have in your closet.
- 6) Make sure that for each basic (i.e. pants, skirts, blouse/shirt) works with at least five items in your wardrobe.
- 7) Acknowledge your gremlins (those lovely not so nice voices in your head) that can discourage you. Return the favor by telling those gremlins to keep it to themselves and move on.
- 8) Have fun with your clothes and accessories.
- 9) Pieces together do not have to stay together. It's called mixing and matching.
- 10) Splashes of color are a great way to update your wardrobe. Try a handbag, a belt, or shoes. Just the right amount of color can change your whole look.

Now that you have the idea, you are ready to call me. I can help you decide how to organize your closet, what to keep, what is the correct size for your body, and what areas of your body to highlight.

**Then you will see yourself and what is true for you today!**



***“Empowered Wardrobe—Empowered Life!”***  
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