

Frumpy Self-Assessment (FSA)

1. What's your Frump Factor on a scale of 1 to 5. (i.e. how would you rate your current feelings of frumpiness, with 1 being Chic and 5 being Frumpy.)
Add 1 point for chic, 5 points for frumpy, etc.
2. Look at your outfits in the last 3 pictures of yourself in your camera roll. How would you rate each of these outfits on a scale of 1 to 5.
3. Name a type of item that makes you feel frumpy when you wear it. How many of these do you have in your current wardrobe. (i.e. shapeless sweaters, fleece lounge pants, etc.)
4. What percentage of your wardrobe feels frumpy to you? Give yourself a point for every ten percentage points. 20% = 2 points, 30% = 3 points, etc.
5. How many days a week would you say you wear an outfit that you don't love, that makes you feel unattractive or frumpy? i.e. 3 days equals 3 points
6. How many days a week do you skip doing hair and makeup?
7. How long has it been since you have shopped for new clothes? 6 months and under: 0 points, 6 months to 1 year: 1 point, 1-2 years: 2 points, 2-3 years: 3 points, etc.
8. How many years has it been since you've significantly updated your hair or makeup look? Give yourself 1 point for each year.
9. How many years has it been since you've significantly updated your go-to jewelry pieces? Give yourself 1 point for each year.
10. How many years has it been since you've significantly updated your most frequently worn shoes? Give yourself 1 point for each year.

Your Frumpy Self-Assessment Score: _____

Please share your total score in the Facebook Group on the FSA thread post.



Frumpy Feelings

How long have you felt like your style may be frumpy? How does this amount of time make you feel?

What is the single biggest challenge when it comes to reclaiming your confidence through style and conquering the frumpy monster?

What frumpy trap have you fallen into? Examples include buying clothes that are too large, prioritizing only comfort over style (you should have both!), shopping at a specific store that sells frumpy items, etc.

How has feeling frumpy affected your life? Your confidence? Your social and personal life?

Fast forward 2 months, and you open up your closet to reveal a wardrobe full of clothes that you literally can't wait to wear. Clothes your eyes and picture yourself opening your closet and seeing a lovely and stylish wardrobe that is just perfect for you. How does that make you feel? How would you approach your days differently? Open up your eyes and write that down. Be specific.