



## DE-FRUMP YOUR WARDROBE WORKSHEET

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When is the last time you truly felt stylish? What is your current biggest struggle when it comes to style/feeling frumpy?

Success leaves clues. Describe an outfit or an item that makes you feel beautiful, as if you were describing it to someone who could not see. Now, underline the adjectives.

List the Frumpy Five

- 1.
- 2.
- 3.
- 4.
- 5.

Is there an item or outfit in your wardrobe that makes you feel frumpy? What about that item makes it frumpy?  
(Hint: It's probably one of the Frumpy Five)

What is your biggest struggle when it comes to fit?

What is your favorite print? What does that print say about your personal style?

List 3 of the classic brands I mention.

What are 3 contemporary brands?

Which of these styling tricks are you going to try?:

Tuck/tie

Cuff/roll

Unbutton

How would you describe your body shape?

Red/Orange/Blue/Green/Purple

What has held you back in the past from understanding your body shape and learning to dress it?

- Time
- Money
- Weight Loss
- Transition
- Other

What is your biggest struggle when it comes to shopping?

Do you have an item lurking in your closet that has one of the Frumpy Details? What can you replace it with that looks more modern?

Which of the old categories is a staple in your wardrobe?  
What can you replace it with?



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## AGELESS STYLE MAXIMS

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It's not you. It's the clothes.

It's not what you wear. It's how you wear it.

You don't just wear clothes. You STYLE them.

Choose clothes to suit your shape; don't try to change your shape to suit your clothes.

It's not about your SIZE. It's about your SHAPE.

Your Style Dial doesn't change with your weight.

Don't point where you don't want people to look!

Trends are not always your friend.

Cardinal Rule of Flattery: Don't shop "old" categories!

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**YOU ARE CALLED TO BE CONFIDENT. WHY WAIT ANOTHER DAY TO FEEL BEAUTIFUL?**

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