

*your guide to the perfect  
capsule wardrobe*

WWW.MADEMOIS-ELLE.COM

## GETTING STARTED

---

Welcome to your own personal guide to curating the perfect capsule wardrobe for YOU!

This nine-page workbook features a number of exercises designed to help you identify what to include in your capsule wardrobe (and what not to!).

If you haven't done this already, it can help to give your closet a clear out before you get started. Sell, give away, donate, or bin anything that no longer fits, that doesn't flatter you, or that you never wear – unless you can't part with it for sentimental reasons, of course! What you should have left are the pieces that you'll **want** to include in your capsule!

For all intents and purposes, this guide defines a capsule wardrobe as 30 items, not including: shoes, accessories, handbags, loungewear or gym gear. Based on your lifestyle, tweak this as necessary – 30 items may be too few, or it may be too many. Find a number that's comfortable for you.

## MY COLOUR PALETTE

---

*What colours are you drawn to? What colours do you feel good in?*

Use the boxes below to develop your personal colour scheme. The three larger boxes represent your core shades and the five smaller boxes represent your complementary or accent shades.

Defining your colour palette (or not) is what can make or break your capsule, so selecting a cohesive and complementary range of colours is key to ensuring a fun (!) and successful capsule wardrobe. This doesn't mean all neutrals and no colour; quite the contrary. Take a look at your closet and see what shades immediately jump out at you; look at what colours are you wearing on a daily basis. These will help you to identify your core and accent shades. It's best to select colours that you already have in your closet, unless you have budget set aside to pick up some new pieces in your chosen colours.


## MAPPING OUT MY ACTIVITIES

---

*What does a typical week look like for you? Where are you going? What are you doing? Is there a dress code?*

Use the panel below to map out your day-to-day or weekly activities. Be sure to include things such as: school/study, work, socialising, exercise, and any special events.

## MY GO-TO LABELS

---

*What brands contain the essence of your style that you just can't live without?*

---

---

---

---

---

---

---

## MY GO-TO PIECES

---

*Which pieces do you reach for over and over again? What items are key in creating your everyday 'look'?*

---

---

---

---

---

---

---

## **INSPIRATION**

---

*What outfit combinations are you inspired by? What is influencing your current mood?*

Use this page to create an inspirational/mood board for the trends and styles you are loving for the season ahead.





## MY GO TO OUTFITS

---

*What do you always reach for? What do you feel good wearing? What combinations match your personal style?*  
Use this page to sketch some of your favourite fail-safe go-to outfits.







