your guide to the perfect

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!).

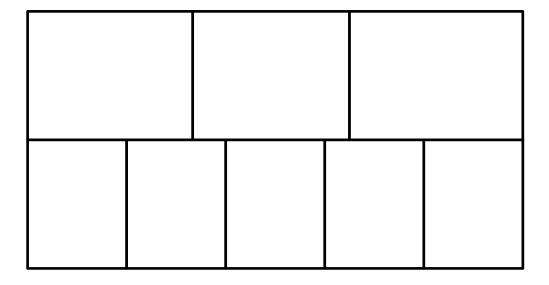
If you haven't done this already, it can help to give your closet a clear out before you get started. Sell, give away, donate, or bin anything that no longer fits, that doesn't flatter you, or that you never wear – unless you can't part with it for sentimental reasons, of course! What you should have 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 Use the panel below to map out your day-to-day or weekly activities. Be sany special events.	sure to include things such as: school/study, work, socialising, exercise, and
MY GO-TO LABELS	MY GO-TO DIECES
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'?
What brands contain the essence of your style that you just can't live	Which pieces do you reach for over and over again? What items are key
What brands contain the essence of your style that you just can't live	Which pieces do you reach for over and over again? What items are key

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.

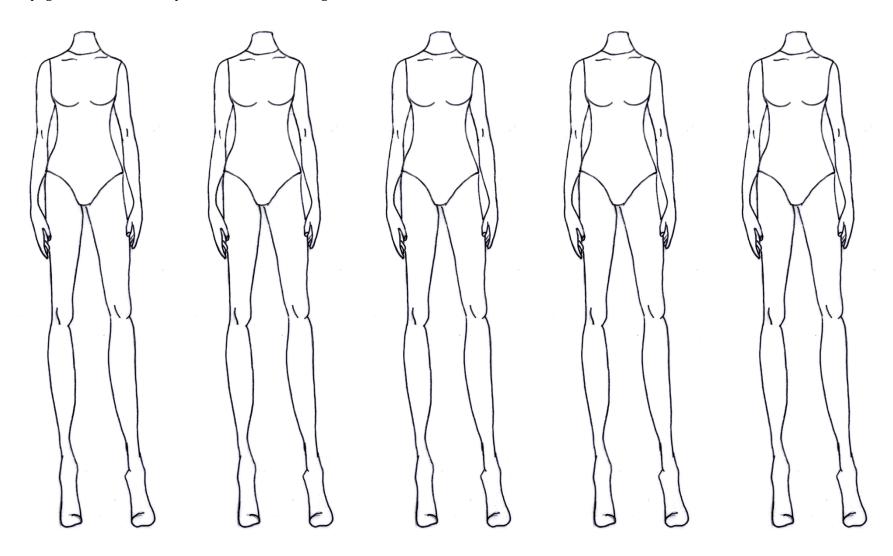
MY SHOPPING LIST

What are you missing? What pieces would complete or be the finishing touch to your outfits? Is anything worn out or need replacing? Do you need any new seasonally appropriate pieces? Use this page to list the items that you're missing, which would help to complete your capsule. List the reasons why you like each piece or some of the looks you'd wear it with.

MY CAPSULE WARDROBE Use this page to list out the items in your capsule wardrobe.

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.



REFLECTIONS - THINGS I'VE LEARNED

What mistakes did you make? How would you do things differently? Use this page to jot down your reflections or any notes about the mistakes you made during your capsule – it'll serve as a great starting point when planning your next capsule wardrobe!

REFLECTIONS - TOP FIVE PIECES	
What did you wear the most/what did you love wearing the most? Jot down your five most worn pieces of the season below:	
<u>1.</u>	
2.	
3.	
4.	
<u>5.</u>	
REFLECTIONS - TOP FIVE GO-TO LOOKS	
What looks were your favourite? What combinations made you look good and feel confident? Pop your top five go-to looks below: 1.	
2.	
3.	
4.	
5.	
REFLECTIONS -STYLE EVOLUTION How do you see your style evolving next season? What do you want to keep the same, and what do you want to change? Use this space to identify styles that you might like to try, or that would suit your figure and lifestyle but that aren't already incorporated into your current capsule wardrobe	