

**YOUR JUMPSTART**

TO FINDING YOUR

*Signature Style*



*with April Grow*

*stunning style*



# IT'S TIME TO FIGURE OUT WHAT YOU LOVE.

The exercises in this workbook will help you understand and define your personal style. You'll have a jumpstart to discovering your signature style that will make you look and feel amazing in every outfit and get dressed effortlessly while saving time, money, and frustration. Let's put it into practice!

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## 3 STEP

# PROCESS

### STEP ONE

PULL OUT THREE OF YOUR FAVORITE TOPS: A TEE, A SWEATER, AND A BLOUSE.

### STEP TWO

USE THE SIGNATURE STYLE FORMULA TO FIGURE OUT WHY YOU LOVE THESE PIECES SO MUCH.

### STEP THREE

WRITE THESE DETAILS DOWN IN THE WORKBOOK BELOW. REPEAT WITH BOTTOMS, SHOES, ETC.

# THE SIGNATURE STYLE

## FORMULA



**BODY SHAPE + COLOR PALETTE + FOUNDATIONAL STYLE + LIFESTYLE**

**01**

KNOWING HOW TO DRESS FOR YOUR **BODY SHAPE** IS POWERFUL BECAUSE ONCE YOU KNOW YOUR BODY SHAPE AND LEARN TO HIGHLIGHT YOUR BEST ASSETS, EVERY OUTFIT WILL LOOK AND FEEL GREAT ON YOU.

**02**

DISCOVERING YOUR PERSONAL **COLOR PALETTE** GIVES YOU THAT UNDEFINABLE SOMETHING THAT MAKES YOU LIGHT UP FROM WITHIN THAT OTHERS WILL NOTICE BUT NOT BE ABLE TO PUT THEIR FINGERS ON.

**03**

UNCOVERING YOUR **FOUNDATIONAL STYLE** WILL SHOW YOU HOW TO WEAR THE DETAILS THAT TELL THE WORLD WHO YOU ARE, HOW YOU FEEL ABOUT YOURSELF, AND HOW THEY SHOULD TREAT YOU.

**04**

WHEN YOU KNOW WHAT YOUR **LIFESTYLE** IS, YOU CAN MAKE SURE YOUR WARDROBE MEETS YOUR PRIMARY NEEDS, FUNCTIONS FOR YOU, AND GIVES YOU WEARABLE OUTFITS THAT WORK IN YOUR EVERYDAY LIFE.

## FAVORITE PIECES

# ANALYSIS

CHOOSE YOUR 3 FAVORITE PIECES AND LABEL THEM AT THE TOP OF EACH SECTION. THEN, USE THE CHECKBOXES TO SEE IF IT ALIGNS WITH YOUR SIGNATURE STYLE FORMULA. GET REALLY DETAILED. WHAT IS IT ABOUT THEM THAT MAKES YOU FEEL SO GREAT?

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### 01

- DOES THE FIT SHOW YOUR FABULOUS FIGURE AT ITS BEST?
  - DOES THE COLOR MAKE YOU GLOW AND FEEL YOUR BEST?
  - DO THE DETAILS REFLECT YOUR FOUNDATIONAL STYLE?
  - DOES IT WORK WITH YOUR EVERYDAY LIFE?
- 

### 02

- DOES THE FIT SHOW YOUR FABULOUS FIGURE AT ITS BEST?
  - DOES THE COLOR MAKE YOU GLOW AND FEEL YOUR BEST?
  - DO THE DETAILS REFLECT YOUR FOUNDATIONAL STYLE?
  - DOES IT WORK WITH YOUR EVERYDAY LIFE?
- 

### 03

- DOES THE FIT SHOW YOUR FABULOUS FIGURE AT ITS BEST?
  - DOES THE COLOR MAKE YOU GLOW AND FEEL YOUR BEST?
  - DO THE DETAILS REFLECT YOUR FOUNDATIONAL STYLE?
  - DOES IT WORK WITH YOUR EVERYDAY LIFE?
- 





# LEARN IT ALL IN

# MY STYLE ACADEMY



In My Style Academy, I will guide you down this learning path and teach you everything you need to know about the four elements of style, not just one aspect of it. My Style Academy includes everything you need to know to discover your unique formula and how to weave it all together to discover your signature style...it's all here for you.

[STUNNINGSTYLE.COM/STYLE](https://stunningstyle.com/style)