



Getting Dressed Checklist

Date: _____

Color Theme

Pick 2 main colors & 1 accent color

Foundational Pieces

Select your foundational pieces

Apply Styling

Add styling to any foundational pieces

Add Accent Pieces

Add accent pieces to outfit

Incorporate Accessories

Add 3-5 accessories to your outfit

Notes

Getting Dressed Guide

Color Theme

You'll start by selecting a color theme for your outfit. This will help guide you in selecting which pieces you're going to choose from your wardrobe.

- Select 1-2 primary colors
- Select 1 secondary color or print

Foundational Pieces

After you picked your color palette, then you will start incorporating the foundational pieces of your outfit. Typically, these are basic pieces that will serve as the base of your outfit.

- Select basic items as your foundation
- Usually in 1 or 2 of the primary colors of your theme

Apply Styling

Styling is applied to any of your foundational items that will change the overall vibe of your outfit. Some styling examples include tucking, knots, ties, twists, rolling up sleeves, cuffing pants, etc. Styling can be applied to your foundational pieces and your accent pieces (see step 4).

- Apply styling to foundational pieces to create structure and an element of confidence.

Add Accent Pieces

After you've added your outfit foundation, then you will choose any accent pieces. Your accent items are usually worn over and/or with your foundational garments. This includes layering pieces such as jackets, sweaters, vests, etc. It could also include items such as belts, ties, scarves, and shoes.

- Add accent pieces over foundation garment(s)
- Accent items can be in your primary colors or your secondary colors

Incorporate Accessories

Incorporating accessories is the final step in your basic outfit styling. You can add as many or as little accessories as you feel comfortable. As a rule of thumb, I would keep it to 3-5 pieces, which will help you avoid over-accessorizing as well as not wearing enough.

Accessories include hats, belts, bags, and jewelry.

- Incorporate accessories into the outfit
- Keep it to 3-5 items to avoid over and under accessorizing