

## STEPS TO CREATING YOUR STYLE AND SIMPLIFYING YOUR LIFE

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Jeanie graciously asks that you give credit when using this material.

1. Self evaluate. If you need help, reference the materials list or contact a knowledgeable consultant.
2. Determine your best colors. Warm- vs- Cool
  - A. Your color History
  - B. Look at your coloring..... Skin, eyes, hair..... descriptive color names
  - C. See yourself in test colors... Color fabric draping... Make-up, if used.
3. Determine your Body type, short waisted, long arms, full bust etc., face shape.
  - A. Linier (little definition at waist, thinner arms and legs)
  - B. Athletic (wider shoulders than hips)
  - C. Round (has full bust, defined waist, full hips)High silhouette carries weight above the waist more than below...apple shape  
Low silhouette carries weight below waist....pear shape, usually definite waist  
Balanced silhouette or "hourglass" shape
4. Determine your Clothing Personality (style and type of clothes you feel best in).  
Facial features, height, bone structure, life style, and personal preferences
5. Determine your clothing needs. Your health and a check on modesty are great places to start.
6. Determine your budget.

## TIPS TO CREATING A CAPSULE OF WORKABLE, PACK-ABLE CLOTHING.

A capsule is a group of five to eight, sometimes even twelve, clothing pieces that coordinate together. You can mix or match them for many different looks. It saves time, money, space, and your sanity as you start to pack or plan your life.

1. Determine capsule type: Executive/Professional Capsule, Staff/Professional Capsule, Sportswear Capsule, Anytime/Capsule, Evening Entertaining Capsule.
2. Determine two basic colors you will use. These should be chosen in basic pieces.... suits, pants, skirts. The colors and styles must interchange.
3. Determine what pieces will extend this capsule with tops in bights or prints to meet your needs.
4. Accessorize to maximize your pieces.

*God cares about our clothes! He made the first garments for Adam and Eve. (Gen. 3:21)  
She is clothed with strength and dignity; she can laugh at the days to come. (Prov. 31:25)*

What you say with your clothing should enhance your personality to the maximum. Does it make the statement you want to convey?

You will always look your best when you dress to enhance what you are instead of trying to be what you are not. Make the most of your uniqueness! Enjoy the journey!

**\*TAKE THE SEA TEST FOR RESPONSIBLY DRESSING YOURSELF OR FOR YOUR TEEN TO MAKE WISE CLOTHING CHOICES.....**

**\*Seek Information**

**\*Evaluate alternatives**

**\*Accept consequences**

*Taken from Kay Kusma talks on being responsible*

**TAKE THE ACCESSORIZING TEST SO YOU DON'T "OVER" OR "UNDER" DRESS...**

**\*For a good rule of thumb on accessorizing, learn a simple point system. Plain items get one point each, pant, skirt, blazer, blouse... more obvious items get two points, and high contrast or anything that really dazzles, counts three points. Every thing counts- eyeglasses, jewelry, belts, shoes, scarves, handbags, hats, gloves, stockings one point unless colored or patterned. Contrasting buttons, piping, collar, cuffs, ruffles, bows, and belt buckles are an additional one point each.**

**\*Keep most of the points above your waist, and try to score between 10 and 14 points to be well dressed. Over 16 points and we probably won't be able to find your face and under 10 you look like your not finished dressing.**

**\*The best wardrobe tip is to make sure your clothes fit properly, and is appropriate for the occasion and the weather.**

**To sum up what God is saying about our personal wardrobe, in Proverbs 31:22 there seem to be 3 main ideas:**

- 1. Your Care**—Taking care of your clothes is as important as the clothes themselves.
- 2. Your reflection**—You're not the only person affected by your appearance.
- 3. Your standards**—As women seeking the kind of beauty God highly esteems, you and I want to follow His standards.

- A beautiful woman lacking discretion and modesty is like a fine gold ring in a pig's snout. Proverbs 11:22*
- Any enterprise is built by wise planning, becomes strong through common sense, and profits wonderfully by keeping abreast of the facts. Proverbs 24:3,4*
- A wise woman builds her house, while a foolish woman tears hers down by her own efforts. Prov.14:1*
- ...her own clothing is beautifully made--- a purple gown of pure linen. Proverbs 31:22*

**References for further reading on the subject of dressing, self-esteem, and body image for the wise women ...**

**Color Me Beautiful** by Carole Jackson ; Ballentine Books  
**Self – Esteem Comes In All Sizes** by Carol A. Johnson; Doubleday Books  
**Fasting Girls, The History of Anorexia Nervosa** by Joan Jacobs Brumberg; A Plume book\*  
**Readers Digest Article February 2005; No-Strings Sex** p.33-35  
**Loving Your Body** by Dr. Deborah Newman; Tyndale House, Focus on the Family  
**The Secret Keeper** by Dannah Gresh; Moody Press  
**The Bride Wore White** by Dannah Gresh; Moody press  
**The Beauty Book** by Nancy Rue; Zonderkidz (Pre Teen)  
**True Beauty** by Andrea Stephens; Servant publications, Ann Arbor, Michigan ( Teen)  
**The Beauty Bible, or Blue Eye Shadow should be Illegal, or Don't go to the Cosmetics Counter without Me** by Paula Begoun; Publishers group West. Or call (800) 831-4088  
**Does This Make Me Look Fat?** By Leah Feldon; Villard books  
**Counsels on Health, The Story of our Health Message, Adventist Home** by E. G. White; Pacific Press Publishing  
**Dress with Style** by Joanne Wallace; Fleming H. Revell Company  
**Simplify your Life** by Elaine St. James; Hyperion publishing, New York\*  
**The Spirit Controlled Women** by Annie Ortland\*  
**When you eat at the refrigerator, Pull up a Chair** by Geneen Roth; Hyperion publishing, New York\*  
**Odd Girl Out** by \*  
**Make the Connection** by Bob Green and Oprah Winfrey; Hyperion,1996\*  
**Believing in Myself** by Earnie Larsen & Carol Hegarty; a fireside book, Simon & Schuster \*  
**Beautiful in God's Eyes** by Elizabeth George; Harvest House Publishers  
**The Pocket Stylist** by Kendall Farr; Gotham Books  
**A Return to Modesty** by Wendy Shalit  
**Ruby Slippers** by Jonalyn Grace Fincher  
**Bringing up Girls** by Dr. James Dobson  
**Lies Young Women Believe; and Lies Women Believe** by Nancy Leigh De Moss and Dannah Gresh

“A merely "hot" girl is way less powerful than a strong, creative girl. The demand to put one's sexy self out there for all to see sacrifices the artist in pursuit of the so-called art.” **Blogger comment to Wendy Shalit**

“In Holly wood a girl's virtue is much less important than her hairdo, Hollywood's a place where they'll pay you a thousand dollars for a kiss and fifty cents for your soul.” **Marilyn Monroe; Ruby Slippers, p.29**