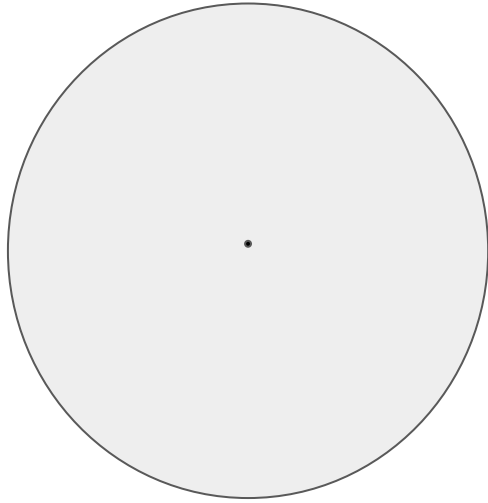


# WHAT WORKS FOR YOU



## HOW DO YOU SPEND YOUR TIME IN AN AVERAGE MONTH?

*Divide your time (minus sleeping) into the circle above.  
What activities do you do regularly? How much time do you  
typically spend at work, socialising, hanging out at home,  
exercising or doing a hobby?*

## 3 ACTIVITIES

*Look at your circle. What 3 activities do  
you do the most?*

ACTIVITY

---

1

---

2

---

3

---

BEST PIECES

*What pieces do you own + love to wear? Write a few examples for  
each activity.*

---

1

---

2

---

3

---

## 3 ACTIVITIES

### NOT SO BEST PIECES

*What pieces do you own + never wear? Write a few examples for each activity.*

---

**1**

---

**2**

---

**3**

---

### GO-TO

*Based on your best (and worst pieces) what would you say are your go-to looks?*

---

**1**

---

**2**

---

**3**

---

## BRING IT IN

*Look at the points you've made over the past few pages.*

*Are there any common themes about what works + doesn't work for you? What about shapes, fabrics, colours, proportions or styles that you come back to or shy away from?*