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PERSONAL FASHION STYLIST

Body Shape Workbook



Introduction

When styling your everyday outfits it's important to be mindful about your body shape, the fits, the cuts and how items sit on your shape. If dressing incorrectly for your shape, then your proportions may look out of balance and make you feel uncomfortable.

So this workbook is designed to help you understand and for you to self-analyse your body shape, so that you can have more clarity on your shape and how to balance it.

Once you have completed these exercises and you carry out the online quiz, you will then receive your body shape guide (emailed to you).

What this workbook is designed to help you with-

- ✓ Giving you the stepping stones to understand what your body shape is through the 'Body Shape Quiz'.
- ✓ Learning how to analyse and measure your body shape so that you can use this technique again & again if your body shape changes.
- ✓ Discovering which body parts are wider and narrower so that you can balance your shape equally with the right outfits and pieces.
- ✓ Giving you more clarity on your best features and assets so that you know which areas to highlight to boost your confidence.

Body Shape Workbook:

1. Which areas of your body do you feel confident about? ie; Your assets?

2. Which areas of your body do you feel self conscious about?

OPTION 1- Mirror + Quiz



When looking in the mirror...

1. Which is the widest part or area on your body shape?

2. Which is the smallest part of your body shape

3. Do you have a defined waist or an un-defined waist?

Recommendations:

- Stand front on to mirror, legs slightly apart.
- Preferably wearing bra + undies, naked or tight activewear
- Analyse which body width is wider- Shoulders/bust line, Hips/legs/bum, Tummy or all equal.
- Once complete, then go onto the quiz via E-course portal

How To measure your shape correctly:

OPTION 2- Taking Measurements + Quiz



Recommendations:

- Make sure that the tape is flush against the body
- Wear bra & undies or nothing when being measured. (no thick fabrics)
- Stick to one measurement; cm's or inches

1. Measure around the outside of the widest part of your arms and bust line

2. Measure around the smallest part of the waist. (Waist only, not around arms)

3. Measure around the widest part of the hips & bottom. (Hips & bottom only, not around arms)

1. Your Arms & Bust measurement: _____

2. Your waist measurement: _____

3. Your Hips & bottom measurement: _____