

Yearly Style Planner

Hello!



Thank you for considering the idea of purposefully enhancing your image so that it becomes more in alignment with your personality, values and intentions.

It's an honour for me to accompany you along this exciting journey as your Style Coach™.

This short material is filled with mindful questions that will help you to better understand your choices in terms of personal style and image and the way these choices influence your success in all areas of your life. It will guide you to naturally develop a mindset that will allow you to develop and maintain an authentic image that is in alignment with your personal and professional goals so that you can look good and feel ready to turn your intentions for the next year into reality.

Enjoy your style journey!

Yearly style planner



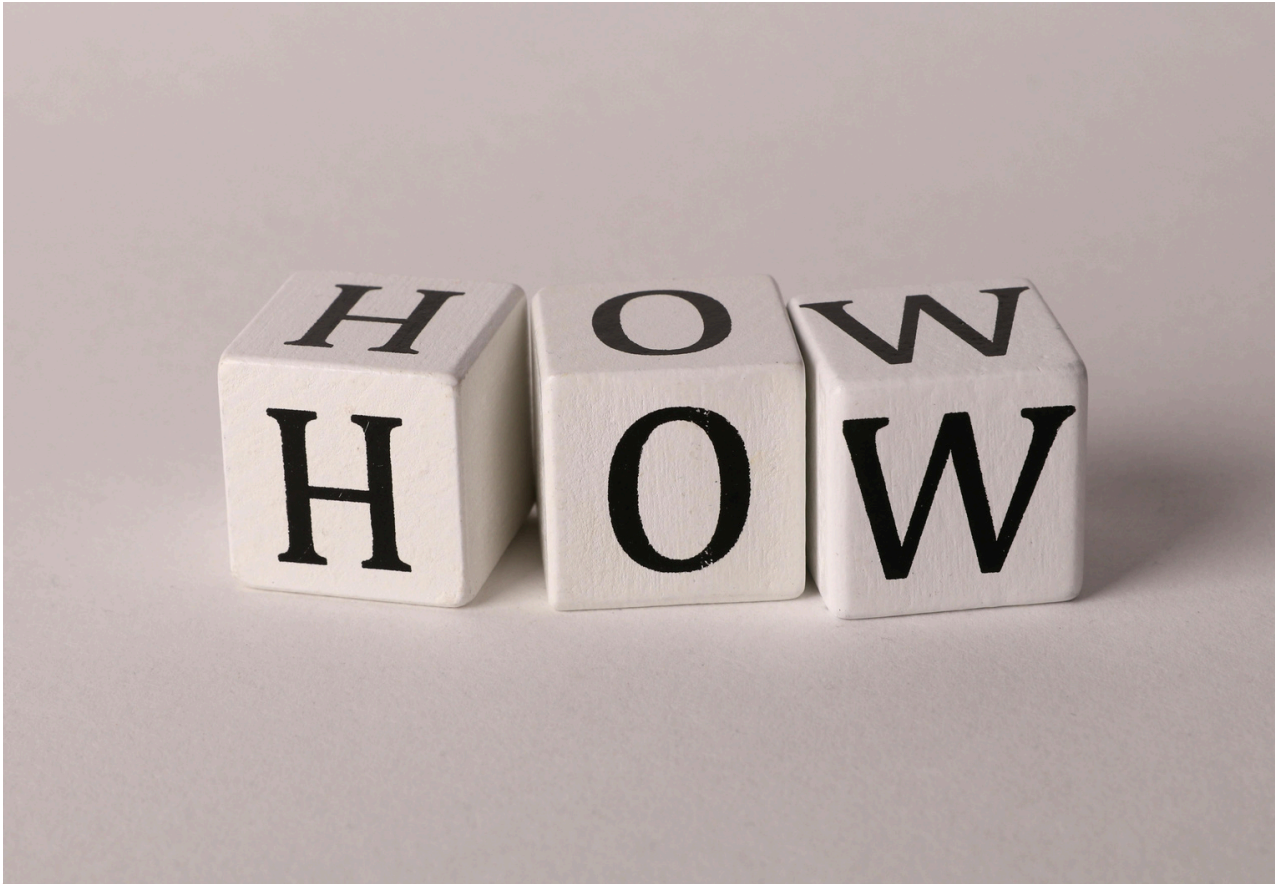
This is a simple yet powerful tool designed to help you create the “big picture” of what you want to express and how to convey your message by means of appearance. It will guide you through the process of image management in the next few months so that you make sure that your personal image doesn’t work against you but it supports you in achieving your personal and professional goals.

The material is divided into two parts:

- You will first have the chance to review and assess your personal style and how it influenced your achievements in the past year;
- Then, you will start planning your image so that it matches and supports the intentions you set for the next months.

Let’s move forward and see how you can accomplish that!

Instructions



- Schedule about an hour to unplug and enjoy some me time.
- Ask a friend to join you, if you want.
- Prepare some cookies and hot drinks to share with your friend or to treat yourself.
- Open this form and follow the steps.
- Save it on your computer or on your smartphone, so that you can easily access and quickly consult and adjust your personal style plans over the coming months.

Now you're all set!

Review and assess your personal style



What was your best fashion and style moment last year?



What was your worst fashion and style moment last year?

Review and assess your personal style



What do you wish you wore last year but didn't? Why?



What did you wear last year and wish you didn't? Why did you wear it anyway?

Review and assess your personal style



Thinking of your image and how it influenced your achievements in the past year, how much do you consider the following aspects supported you in achieving your goals on a scale from 1 to 5?

Your overall image

Your wardrobe

Your image at work

Your shopping habits

Your image at home

The colours you wore

Your ability to create new outfits

The garment styles you wore

Plan your personal image and style



What's your biggest style struggle?



What do you like about your body?

Plan your personal image and style



What do you like about your style?



What do you want to improve next year in terms of personal image?

Plan your personal image and style



What's the ideal image you wish you could have in order to achieve your personal goals?

A large, empty rectangular box with a thin magenta border, intended for a user to draw or write their ideal image for achieving personal goals.

What's the ideal image you wish you could have in order to achieve your professional goals?

A large, empty rectangular box with a thin magenta border, intended for a user to draw or write their ideal image for achieving professional goals.

Plan your personal image and style



Take your measurements and make sure your clothes fit and flatter your silhouette.

Bust

Waist

Hips

Top of the head - Hips

Hips - Floor

Declutter and organise your wardrobe



Now that you know where you stand in terms of personal style and what you need for an image that better supports your lifestyle and goals, all you have to do is leave the unnecessary things behind.

It's time to decide to let go of all the garments and accessories that:

- are not in good condition anymore;
 - don't flatter you (fit, silhouette, colour, fabric);
 - don't go with anything else in your wardrobe;
 - you haven't worn in the past 12 months;
 - you don't like.
-

Don't worry if only a few garments and accessories make it back to your wardrobe. You will have the chance to expand and edit your wardrobe in the next months, during the sales seasons.

Promise yourself that you will be more mindful regarding your future purchases.

Your style promise and vision



I,



will only buy garments and accessories that flatter my silhouette, match my personal style and lifestyle and successfully complete my existing wardrobe so that I mindfully expand my wardrobe by the end of the year.

Signature,



Event schedule planner



Main fashion and style events*

Main personal events

January	Milan Men's Fashion Week Paris Men's Fashion Week Paris Couture and Haute Couture Spring Summer 2021 Winter Sales Season in Europe	
February	Winter Sales Season in Europe Copenhagen Fashion Week London Women's & Men's Fashion Week Milan Women's Fashion Week NY Women's Fashion Week	
March	Mid-season Sales Paris Women's Fashion Week	
April	Mid-season Sales NY Fashion Week Bridal	
May	Transition Wardrobe Month	
June	NY Fashion Week Resort & Spring/Summer	

*Dates are approximate and might vary from year to year and/or from one country to another.

Event schedule planner

Main fashion and style events*

Main personal events

July	Paris Haute Couture Week Summer Sales Season in Europe	
August	Summer Sales Season in Europe Copenhagen Fashion Week	
September	Mid-season Sales New York, London, Paris and Milan Fashion Week Spring/Summer	
October	Mid-season Sales Shanghai and Seoul Fashion Week	
November	Black Friday	
December	NY Fashion Week Pre-Fall Donations/ Recycling/Gift Shopping Month	

*Dates are approximate and might vary from year to year and/or from one country to another.

Forms to stay on fleek throughout the year



Once you've finished assessing your current style and planning your dashing image for the year ahead, you should already have a clear idea of your fashion goals and what it takes to get there.

Use the forms at the end of this material in order to make sure that you stay on track throughout the year. You can print or fill them in digitally as many times as you need:

- Use the Outfit Planner every time you need to plan an outfit for a scheduled event. It helps you to remember what you are planning to wear on that particular occasion. Shop your wardrobe first and plan any purchases you might need to make in order to successfully complete your look.
 - Use the Beauty and Style Habit Tracker every time you decide to build new habits. You need to repeat a new activity for 21 days in a row to turn it into a habit. The form includes more than 21 checkboxes for each habit you decide to start so you can be sure to make them stick :) You are free to print or digitally fill in as many copies as you need every month. Build new habits such as Go through a full skincare routine, Plan outfit for the next day, Wear sunscreen, etc. or set your own goals!
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You've done an amazing job and you should already feel excited and confident to rock the new year and turn it into the best one so far. I'm proud of you and I would love it if you could share your experience with this planner using #styleupgradeplanner

I also invite you to contact me or to have a look at all the materials and services available on the website in case you need further style resources and support. I wish you a healthy, stylish and...

Happy New Year!

Outfit planner



Date

Event

Top (shirt, blouse, etc.)

☐ Yes

☐ No

Bottom (pants, skirt, etc.)

☐ Yes

☐ No

Dress

☐ Yes

☐ No

Jacket / Overcoat

☐ Yes

☐ No

Shoes

☐ Yes

☐ No

Bag / Briefcase / Backpack

☐ Yes

☐ No

Jewellery

☐ Yes

☐ No

Other accessories

☐ Yes

☐ No

Outfit planner



Date

Event

Top (shirt, blouse, etc.)

☐ Yes

☐ No

Bottom (pants, skirt, etc.)

☐ Yes

☐ No

Dress

☐ Yes

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☐ Yes

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Bag / Briefcase / Backpack

☐ Yes

☐ No

Jewellery

☐ Yes

☐ No

Other accessories

☐ Yes

☐ No

Beauty and style habit tracker



New habit

Week 1

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

Week 2

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

Week 3

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

Week 4

- ☐ Monday
 - ☐ Tuesday
 - ☐ Wednesday
 - ☐ Thursday
 - ☐ Friday
 - ☐ Saturday
 - ☐ Sunday
-



New habit

Week 1

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

Week 2

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

Week 3

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

Week 4

- ☐ Monday
 - ☐ Tuesday
 - ☐ Wednesday
 - ☐ Thursday
 - ☐ Friday
 - ☐ Saturday
 - ☐ Sunday
-

Beauty and style habit tracker



New habit

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Week 3

- ☐ Monday
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- ☐ Thursday
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- ☐ Saturday
- ☐ Sunday

Week 4

- ☐ Monday
 - ☐ Tuesday
 - ☐ Wednesday
 - ☐ Thursday
 - ☐ Friday
 - ☐ Saturday
 - ☐ Sunday
-



New habit

Week 1

- ☐ Monday
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- ☐ Saturday
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Week 4

- ☐ Monday
 - ☐ Tuesday
 - ☐ Wednesday
 - ☐ Thursday
 - ☐ Friday
 - ☐ Saturday
 - ☐ Sunday
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