

01

A SELF-GUIDED WORKBOOK

The Wardrobe Audit

Styling your whole story, not just the outfit.

Before you start

This is not a shopping list. It is a decision-making tool for the version of you who is done being the last priority on her own to-do list, and ready to stop feeling invisible.

Set aside real time for this. An hour with your wardrobe, and an hour with yourself.

I built this because I kept watching capable, high-calibre women get overlooked, not for lack of ability, but because they had stopped showing up as themselves. Their wardrobes were full. Their confidence was not.

Your brain has a default setting. Under pressure, it reaches for what is familiar and safe, not for what is true about you now. I call this the Style Default, and it is quietly running most of your decisions, including the ones you make every morning in front of your closet.

This workbook interrupts that pattern in five parts:

- The Audit, clear the noise so you can see what is actually there
- Your Style Identity, define who you are now, not who you were
- The Gaps, find what is missing with purpose, not guesswork
- The Capsule Plan, build a wardrobe around your real life
- The Edit Rules, your own principles, so you never start from zero again

Work through this in order. Each section builds on the one before it.

SECTION 01

The Audit

Before you can build a wardrobe that reflects who you are now, you need an honest picture of what you already own, and why you keep reaching past most of it for the same three pieces.

The keep or cull framework

For every item, ask these three questions in order. If you hesitate on the first question for more than a few seconds, that is information.

QUESTION ONE

Have I worn this in the last 12 months, for a reason I can name?

QUESTION TWO

If I saw this in a shop today, knowing what I know now, would I buy it?

QUESTION THREE

Does this reflect who I am now, or who I used to be?

The inventory

Work category by category. Do not skip to the end. The categories you want to rush through are usually the ones telling you the most.

Category	Keep	Cull	Notes
Tops			
Bottoms			
Dresses			
Outerwear			
Shoes			
Accessories			
Occasion wear			

A full wardrobe and nothing to wear are not opposites. They are usually the same problem.

SECTION 02

Your Style Identity

This section has nothing to do with trends. It is about naming, on paper, who you actually are right now, so your wardrobe can catch up to her.

Start here

PROMPT

Describe the woman you are in your work right now. Not your job title, her presence, her pace, what she is building.

PROMPT

What impression do you want to leave in a room before you have said a word?

Three words

Choose three words that describe how you want to feel getting dressed. Not how you want to look. How you want to feel.

Word	Why this word

What no longer fits

PROMPT

What version of yourself is your current wardrobe still dressing? What changed since then?

SECTION 03

The Gaps

Now that you can see what you have and who you are dressing for, this section finds what is actually missing, so your next purchase is deliberate instead of another Style Default decision.

Gap analysis

List the situations that matter most in your working life right now, then be honest about whether your wardrobe can meet them.

Occasion	What it needs to say	What I have	The gap

A gap is not a failure. It is a shopping list with a purpose.

SECTION 04

The Capsule Plan

A capsule is not about owning less for its own sake. It is about owning on purpose, so every piece is doing real work for the life and the business you actually have.

Building blocks

For each block below, note what you already have from your audit, and what you identified as a gap.

Building block	What I have	What I need
Foundation pieces (work most days)		
Statement pieces (say something)		
Occasion pieces (the big moments)		
Finishing pieces (shoes, bags, jewellery)		

Your capsule, on paper

PROMPT

If you could only buy three things this season, what would actually move you forward, and why those three?

SECTION 05

The Edit Rules

This is the part that makes everything before it last. Your own rules, in your own words, so you are never standing in front of your wardrobe on autopilot again.

Write your rules

Some starting prompts, if you need them. Replace these with your own the moment something truer comes to mind.

RULE ONE

When in doubt, I choose...

RULE TWO

I never buy something just because...

RULE THREE

Before I get dressed for something that matters, I ask myself...

Keep this page

Come back to your rules before every big shop, every big meeting, every moment you catch yourself reaching for the Style Default instead of the true one.

Presence is not something you perform once. It is something you practise until it is simply who you are.

YOUR NEXT STEP

You do not have to do this alone

This workbook will take you further than you think. But paper can only do so much. If you want a second pair of eyes on what you have just written, that is exactly what a conversation with me is for.

NO PITCH. NO PRESSURE. JUST CLARITY.

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She shows up as herself. Then the world finds her.