

QUICK, SIMPLE,
& EASY:

STYLE *For the ADHD Femme*





DEDICATION

This book is dedicated to my mother
and grandmother, the women who
insisted I dress up no matter how much
I resisted.

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STYLE IS A STATE OF MIND

Someone described me as a stylish woman the other day, and I was stunned. I never thought of myself that way before, the idea was foreign to me.

I used to be the kind of person who pretended not to care what I looked like. On one hand, I didn't feel I was worth the effort and expense, and on the other, it took too much brain power to organize, primp, and prep. I didn't want to be a "girly girl," whatever that meant.

Then, I realized how much better I feel when I am dressed up and look my best. I took note of how differently people treated me. Now, I love looking my best. It's easier than you think.

RENÉ

author | speaker | coach



STYLE STARTS WITH YOU



**CREATING A STRONG SENSE OF
STYLE IS ABOUT ENHANCING YOUR
PERSONALITY, NOT HIDING IT.**

Who are you? What's important to you?

You can tell a lot about a person from what they wear. You'll learn what kind of colors they like, what appeals to them, or more about their culture/ethnicity. You can even tell what kind of music they like if they put a band shirt on.

You can also tell a lot about how they feel about themselves. This was an idea I resisted for a long time. In my mind, it didn't matter what was on the outside, the inside was what counted, right?

The inside DOES count; I'd even say it counts most, but guess what? When I dressed like I didn't care, it was because I didn't. When you dress as though you don't care, people notice.



Learning how to style myself was not nearly as hard as I thought it would be. It was a matter of learning how to pick out what appealed most to me and letting that personality shine through.

I know how it feels to hate the way you look and avoid being well put together because of it. We're going to start with the most important person in all of this: you.

WHAT'S YOUR STYLE?

Think about the answers to these questions. The key to your personal style is in the answers.



COLORS

What colors make you feel happy or powerful?



SHAPES

What kind of garment shapes fit your body best?



MOODS

Do you prefer different colors and styles to express your mood?



SUBTLE OR NAH?

Do you like to stand out, or do you prefer to take a more subtle approach?



LIFESTYLE

Are you outdoorsy? Do you do a lot of DIY? What's your lifestyle like, and how does it mold your fashion?



CAREER

Growing up, my mom had a uniform for work. If only I had been so lucky. How does your career impact your fashion?

WHO ARE YOUR STYLE ICONS?

INSTRUCTIONS: You can learn a lot about your personal style by examining the style of others you find appealing. My favorite style icons are Ursula the Sea Witch, Jill Scott, and anyone from old Hollywood. In this exercise, identify your style icons.

STYLE ICON #1	WHY I LOVE THEIR STYLE:
	1:
	2:
	3:
STYLE ICON #2	WHY I LOVE THEIR STYLE:
	1:
	2:
	3:
STYLE ICON #3	WHY I LOVE THEIR STYLE:
	1:
	2:
	3:

8 ADHD STYLE COMMANDMENTS

1 THOU SHALT NOT RELY ON RETURNS

We all have good intentions but returns never make it back. Try to buy only what you'll keep.

2 THOU SHALT HASTILY DONATE

You know those donations have been in your trunk for an eternity. Get them gone!

3 THOU SHALT AVOID OVERWHELM

If at any point styling gets overwhelming, hit the pause button. There's always another time.

4 THOU SHALT PURCHASE PRESS-FREE GARMENTS

Not ironing means much time saved. 'Nuff said.

5 THOU SHALT NOT COMPARE

You are your own canvas; other people are not your competition. Don't compare yourself.

6 THOU SHALT CELEBRATE THINESELF

Snap your selfies and show yourself off. You deserve it!

7 THOU SHALT SET A TIMER FOR THE END OF THE WASH CYCLE

You will not remember; the clothes will spoil. Trust me, set a timer.

8 THOU SHALT BE MINDFUL OF SENSORY ISSUES

You don't have to feel bad about not wearing something because it messes with your senses.

WHAT ARE YOUR FEELINGS ABOUT FASHION?

Styling used to make me feel incredibly uncomfortable. Are you the same? Get in touch with your fashion feelings below.

I FEEL BEAUTIFUL WHEN

THE BODY PART I LIKE BEST IS (AND WHY) :

MY FAVORITE OUTFIT IS (AND WHY):

I LIKE WEARING THESE COLORS

MY FAVORITE ACCESSORY

MY FAVORITE GROOMING RITUAL IS:

CHECKING YOUR FIT

- Changing your style is about subtle changes, not an overnight change that can leave you overwhelmed (and broke).
- It is important to focus on YOU first. If you feel uncomfortable with what you are wearing, it defeats the whole purpose. No matter what, always consider your comfort first.
- Styling isn't about changing who you are, it is about showing who you are. Use your style to bring your personality from the inside to the outside.



REMEMBER:

- If you don't know what your personal style is, that's perfectly ok.
- You get to choose what works best for you. What's popular and what you like aren't always in sync.
- Be willing to stretch a bit. Trying something new may feel funny at first, but it might be your new favorite thing.



WHAT'S IN YOUR CLOSET?

**YOUR CLOSET SHOULD REFLECT WHO YOU
ARE NOW - NOT WHO YOU WERE IN THE
PAST OR WHO YOU MAY BE IN THE FUTURE.**

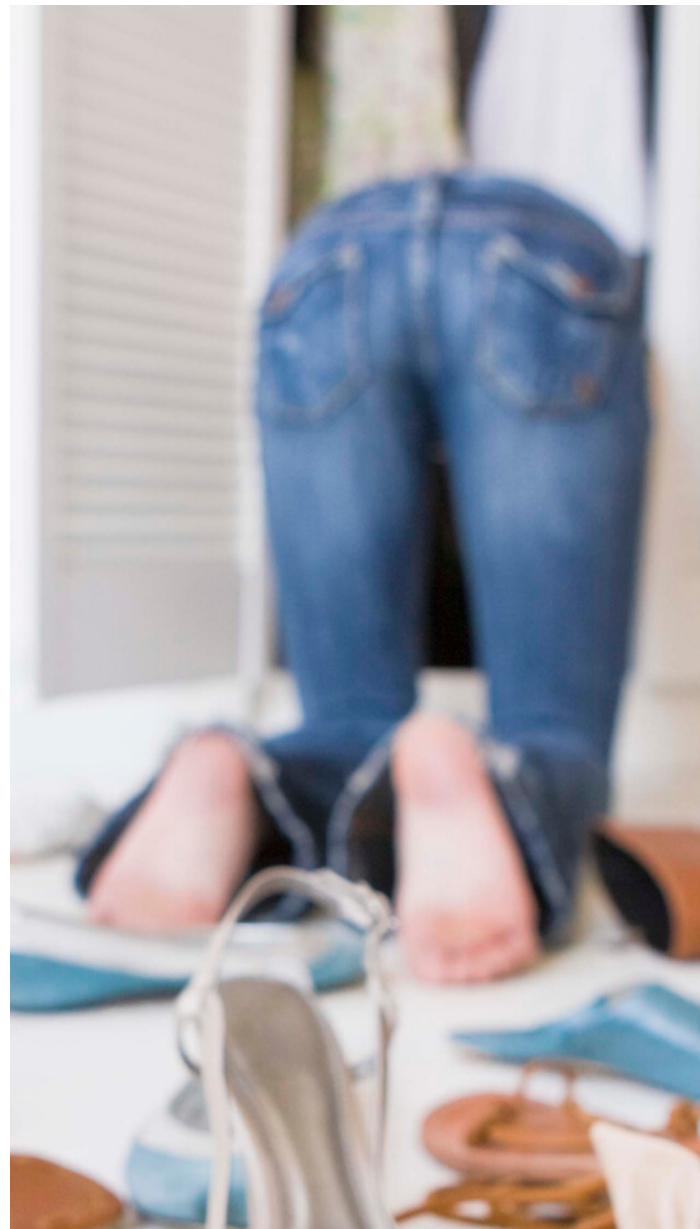
OUR CLOSETS CAN BE JUST AS MYSTERIOUS AS UNEXPLORED WILDERNESSES.

When is the last time you looked in your closet? I'm not talking about the quick dash in and dash out when you're running late. I'm talking about a complete assessment of your wardrobe (or whatever else you've decided to store in there randomly).

ADHD can make the project of assessing your closet even harder. Raise your hand if you've pulled everything out of your closet and the clothes stayed wherever you put them for weeks, maybe even months. I know I have!

Regardless, it is really important to know what you have in your closet in order to know what you need to add (or remove) from your wardrobe.

Cleaning out your closet and assessing your wardrobe does NOT have to be a one-day project. Take your time and give yourself a chance to really think about what you want to keep and what doesn't fit, either physically or aesthetically in your life anymore.



WHAT'S IN YOUR CLOSET?

We want a closet full of clothes we love, but we also have to know what we have in the first place. Here's some things we usually find in our closets.



ILL-FITTING CLOTHES

If it doesn't fit and hasn't in a while, kiss it goodbye!



SOMEDAY CLOTHES

When we keep clothes as a goal, it takes up space in our heads and our closet.



GUILT CLOTHES

Maybe someone you loved bought it. Maybe you just never liked it. If it makes you feel guilty when you see it, it has to go!



SUPER OLD CLOTHES

Ok, maybe not the really comfortable ones. But if it is so old that it LOOKS dated (not vintage, but dated), it may need to leave.



ITEMS WITH THE TAG ON

You saw it in the store, fell in love with it, put it in the closet and forgot about it. The money is long gone and so is your enthusiasm. It is ok to let it go.



WHAT WE WEAR

These are the things you reach for on a consistent basis and absolutely love. They are the workhorses of your wardrobe. Keep those in mind for later.

CHECKING YOUR FIT

- Closets can be a big source of frustration, shame, and guilt for many of us. Give yourself a break. The clothes you bought and never wore, the goal dress you still can't fit? Get them out of your way. Facing the closet without guilt leaves your brain more energy to get dressed up!
- Cluttered closets take so much more time to find the good things in. Having access to only the clothes you wear makes getting dressed SO much faster.
- Having less clothing in your way can reduce the overwhelm you feel when you open your closet up. Too many choices can lead to decision fatigue. Less decisions? More brain power for other things.



REMEMBER:

- Cleaning out the closet does NOT have to be an all-day project.
- Any piece of clothing in your office that makes you feel ashamed of the purchases you make or what you cannot fit doesn't deserve to hang in your closet. Everything in there needs to celebrate you, not make you feel shame.
- You don't have to scrap everything that you don't like overnight. Do it as your time/budget allows.



FOUNDATIONS

**YOUR UNDERGARMENTS LAY THE
FOUNDATION FOR A ROCKING OUTFIT
EVERY TIME.**



Once upon a time, I had a shirt that fit somewhat similar to the one in the photo above. It got me a bra fit and a brand new job.

I walked into Lane Bryant with an ill-fitting dress shirt on while shopping with my mother. The manager happened to be on shift, and she measured me carefully and had me try on the new bra.

The shirt fit; I looked like I lost ten pounds in seconds. The manager liked my personality so well that she offered me a job. That's the magic of good undergarments (and a good sense of humor).

I grew up with a grandmother who used to merchandise for a local department store chain. She brought the things she learned there home, insisting that any time we wanted to look especially good to "make sure to wear your foundations."

There's something about good bras, underwear, and shapewear that takes your look to the next level. If shapewear isn't your thing, that's ok. Having undergarments that fit you well is just as important.

So much of dressing well is determined not by what you're wearing, but how well it fits. Clothes that cling, bunch and shift into the wrong places make your clothing look untidy even if you spend all day planning your outfit. The right foundations help enhance the fit of the clothing you wear over them.



BUILDING SOLID FOUNDATIONS

Looking to put YOUR foundation in place? Here are some things to know about the fit of the foundations you are choosing.



BRA BAND

Your bra band is where the majority of your support comes from. Make sure it fits- slightly snug, not TOO tight. Get measured where you buy your bras - sizing varies.



BRA CUP

You want your bra to fit just as well in the cups as the band. Make sure that your breasts are comfortably inside the cup, not bulging out.



PANTIES

There's no special panty rule, just a suggestion - buy panties that make you feel pretty and wear them. Every day is a special occasion.



SHAPEWEAR

To ensure a smooth silhouette, shapewear can be applied. Again, we want a snug fit, not a tight one. Choose breathable material that won't bunch up.



HOSIERY

Pantyhose and thigh highs are a sexy addition to the undergarment section. If you're not a fan of shapewear, control top pantyhose can be helpful.



SLIPS

As I was writing, I asked Carolyn, my editor, if anyone wears slips anymore. Turns out they do. Slips can protect your skin from chafing with rough fabrics and protect fine fabrics from perspiration.

CHECKING YOUR FIT

- Wearing the right things underneath our clothes makes our outer garments fit and look better.
- Wearing shapewear that fits correctly can make for a smooth silhouette that improves the overall look of your outfit.
- Comfort is key. It doesn't matter if it looks good if it feels absolutely awful. Sensory issues are a big concern for neurodiverse people. Your aesthetic is never so important as to cause yourself harm. It is all about balance.



REMEMBER:

- Every good outfit begins with a solid foundation, even if the foundation is just your underwear.
- Choose undergarments that breathe well, support what you want to support, and don't pinch.
- Having something pretty on under a regular everyday outfit feels like having a secret that nobody else can get in on.

MAKEUP



**A WOMAN IN A BOLD LIP MEANS
BUSINESS.**



I came late to the makeup game. I was one of those smug "I don't need makeup to look nice" types. Foolish!

Wearing makeup is about enhancing what you already have going on. It's about taking what you've been given and turning the volume up!

It doesn't have to be uncomfortable or difficult.

If you're new to makeup, start small. Head into a store where they can help you match foundations and find colors that suit you best.

If going to the store isn't an option, you can still get the job done. If you're matching foundation, my friend Keisha, a makeup goddess, gave me the best tip ever: let the foundation dry. When the foundation dries, you can more accurately see the color.

Makeup can be as complex or as simple as you want it to be. If you're just starting out, find yourself a YouTuber who kinda looks like you and follow their guidelines; it makes things much easier.

FIFTEEN MINUTE FACE

Grab your favorite foundation and get ready to fly through a makeup routine. Click the tutorial button for a great YouTube video on each topic.



EYEBROW PENCIL

Good eyebrows make for a great face.

[TUTORIAL](#)



NEUTRAL SHADOW

A neutral shadow is an easy look that goes well with everything.

[TUTORIAL](#)



EYELINER

A great eyeliner can bring out your eyes.

[TUTORIAL](#)



LIP O' CHOICE

Lip color is probably my favorite part!

[TUTORIAL](#)



MASCARA

Mascara is a makeup must have.

[TUTORIAL](#)



FOUNDATION/ BLUSH

Perfect your skin and give a healthy flush.

[TUTORIAL](#)

MAKEUP MAGIC

INSTRUCTIONS: Makeup is wonderful, as long as you follow these basic guidelines.

THE CORRECT COLORS

Foundation that is too dark or too light can throw your look off completely. Match carefully.

TOSS EXPIRED PRODUCT

Expired products perform poorly or break you out. Toss anything that has been there too long!

COMMIT TO SLEEPING CLEAN

Sleeping in your makeup is a bad habit we all need to break. Take that makeup off every night!

EXPERIMENT!

Like anything else, we can get into a rut with our look. Experiment when you can.

NOTES

A vertical stack of 15 light pink rectangular boxes, each separated by a thin white horizontal line. The top box is labeled 'NOTES' in bold black text. The remaining 14 boxes are empty, providing space for handwritten notes.

TRY SOMETHING NEW

INSTRUCTIONS: I really want you to experiment, so I'm giving you this exercise. Give me three ways you're going to experiment with your look. Bonus points: Use a new product in an old way, and tag me on Instagram @blackgirllostkeys!

EYES	WHAT I'M DOING NEW
	1:
	2:
	3:
LIPS	WHAT I'M DOING NEW
	1:
	2:
	3:
FACE	WHAT I'M DOING NEW
	1:
	2:
	3:

CHECKING YOUR FIT

- Makeup isn't scary. It washes off. If you feel uncomfortable with using it, it is totally ok to practice (I practice all the time) until you get better. Experienced makeup users? Get fancy. Go learn a new technique that you haven't tried before.
- When you don't have enough time, all you need is fifteen minutes to put your face together quickly.
- A full face of makeup isn't always necessary. Are you in a BIG rush? A few coats of mascara, a swipe of eyeliner and a good lipgloss will do more than enough.



REMEMBER:

- If you need a quick pick me up and you don't have your makeup with you, a lipstick in a soft shade can substitute for a blush and be a quick eye color.
- Use as much or as little makeup as you want. There are no rules, just your own comfort level.
- Don't fall asleep in your makeup! Keep wipes near your bed (or if you're me, near your bed, in your office, and in your living room).

TOPS



**WHETHER IT IS A LACY BLOUSE OR A
STRUCTURED DRESS SHIRT, YOUR TOP
IS WHERE YOUR OUTFIT BEGINS.**



Of all the clothing items you can pick, tops are a weakness of mine because I feel like the options are limitless. That means I am both excited by them and worn out by my choices.

A few years ago I decided that I was going to refuse to iron ever again. I know lots of people use wrinkle release spray and steam but I love a crisp edge on a tailored shirt and the iron is the best thing for it. So what I'm saying is that I gave up tailored shirts AND irons.

It is important for you to know what you want in your garments.

When I'm looking for a top I want something that is either solid or it makes a statement. I'm not really particular about what type of statement it is either. It could be a flowy peplum top that accentuates my waist or it could be my favorite tank top that pays homage to Ursula The Sea Witch, one of my style icons.

A good top can show off your personality in a unique way, whether it is a flirty lace pattern, or a great racerback tank that shows off your shoulders and back.

A lot of dressing well is about getting really comfortable with who you are. For a long time, I wanted to look like the people in the music video or in the magazine then I realized that I am a weirdo. I like weird things. It is ok for my style to be completely reflected in the pieces that I choose. I can have a shirt with Daria and Jane on one day and a swiss dotted lace top another. Every piece of who I am is reflected in my wardrobe.

WHAT TO LOOK FOR IN A GREAT TOP



COMFORT

There are many sensory issues that can arise with tops. You'll have to avoid uncomfortable material, itchy tags and more. Consider grabbing a seam ripper for easy tag removal.



MAINTENANCE

You want to maintain your clothing so you get the most wear out of it. For tops, that can mean dealing with sweaters that have to be hand washed or wool items that need special care.



CUT

There are a ton of different cuts of top, but once you find the silhouette that fits you you'll be able to find clothes more quickly.



WARMTH

Whether you need a full sweater or a long-sleeved shirt on a cool day, warmth is a serious consideration.



LENGTH

There is nothing worse than a shirt that is too short that shows your tummy when you don't want it to show. Watch the length.



DURABILITY

You never know what you'll encounter. Choosing a durable fabric leaves you ready for whatever.

YOUR SILHOUETTE

INSTRUCTIONS: Sometimes we don't know why something works, it just does. Pull out the three tops that look best on you and take a close look at the way they are shaped. Chances are, you'll find one or more silhouettes that look great on you by taking a closer peek.

TOP #1	WHY IT WORKS
	1:
	2:
	3:
TOP #2	WHY IT WORKS
	1:
	2:
	3:
TOP #3	WHY IT WORKS
	1:
	2:
	3:

CHECKING YOUR FIT

- Tops are a creative goldmine that will allow you another opportunity to showcase your style.
- Each season is new style opportunity with a different set of textures, fabrics, and sleeve lengths.
- Don't be afraid to find a great top and buy it in every color. It's one of my favorite things to do.



REMEMBER

- Length on a top is important. We only want to show our tummies intentionally.
- If you want to go to the next style level, learn how to layer the tops you have together to create a new look.
- If you like what's on the mannequin, steal the style!

PANTS



**THERE IS NO WOMAN HAPPIER THAN THE
ONE WHO HAS PURSUED AND PROCURED
THE PERFECT PAIR OF JEANS.**



Pants are powerful. Don't believe me? Answer this question: Who wears the pants in the family? Now, you see. The right pair of pants can be a staple in your wardrobe for years.

When you're shopping for pants, as with anything else you're purchasing for your wardrobe, keep in mind where you'll be wearing them.

Pants for a night out can't always make it into the office with you.

Pants can also be a source of frustration for those of us whose bodies don't necessarily align with standard sizing. Depending on how exact you like your fit to be, that could equal a trip to the tailor after the trip to the mall. Meaning your clothing then costs more. Such a pain!

When it comes to my own pants, I like to stick to classic cuts that I know will wear through many fashion trends. Remember the boot cut jean? Remember the low rise? I have never worn a more uncomfortable pair of pants in my life than low rise bootcut jeans. Thank GOODNESS they are finally out of style.

What should you look for in a pair of pants? Keep reading, I have some ideas.

WHAT TO LOOK FOR IN A PAIR OF PANTS



COMFORT

A pair of uncomfortable pants can ruin your day. When you try them on, kick, stretch and bend to see if the pants restrict you or let you move around.



MAINTENANCE

With any clothing you own, you always want to know how to care for it and make it last. Read the tag to learn how to properly wash your garment. Especially if you don't like dry cleaning.



CUT

The cut of your pants changes how they look and fit. Play around to find out which style works best for you.



WAIST

Waistbands that don't fit will have you pulling your pants up all day long.



LENGTH

If you're a short girl or a tall girl, you know what a pain it can be to find the right length. Don't be afraid to branch into online stores to get the fit you want.



DURABILITY

You never know what you'll encounter. Choosing a durable fabric leaves you ready for whatever.

YOUR SILHOUETTE

INSTRUCTIONS: Sometimes we don't know why something works, it just does. Pull out the three pairs of pants that look best on you and take a close look at the way they are shaped. Chances are, you'll find one or more silhouettes that look great on you by taking a closer peek.

PANT #1	WHY IT WORKS
	1:
	2:
	3:
PANT #2	WHY IT WORKS
	1:
	2:
	3:
PANT #3	WHY IT WORKS
	1:
	2:
	3:

CHECKING YOUR FIT

- The right pair of pants can make the difference between a look that is classic and on point and something looking dated or dowdy.
- With the proper care, your pants can last you through many a fashion season; check your labels to make them look good longer.
- Don't forget a great belt! Keeping your pants up is a pretty high priority.



REMEMBER

- Fit and comfort are critical to finding the right pair of pants.
- It is **TOTALLY** ok to buy the same style over again in another color when you find what works. The ADHD brain needs fewer decisions, not more.
- Experiment. Don't be afraid to try something new.



DRESSES

**WHETHER YOU'RE WALKING INTO THE BOARDROOM OR
DOWN THE AISLE, THE RIGHT DRESS IS THE VEHICLE TO GET
YOU WHERE YOU'RE GOING.**



PLAYING DRESS UP

I have a little black dress that I have worn to every type of event you can imagine. The right kind of dress can go with you to many different locations for many different occasions.

Tiffany Haddish bought a white Alexander McQueen dress and completely flouted Hollywood's standards by wearing it to MANY different occasions. ([click here to read about the dress](#)). I'm not suggesting you wear a dress that is that recognizable, just that you get one that is well made and can suit multiple settings.

My little black dress is my fallback when I need to go somewhere that I must look nice, but I have no idea what to wear. It is comfortable and always looks chic. All I switch up are the accessories.

A GOOD DRESS CAN GO EVERYWHERE



OFFICE

A dress in the office always looks clean and professional. Keep your look clean and simple here.



CLUB

Throw on super sparkly earrings to catch the light while you spin around under the lights to the music.



COCKTAILS

Wear some simple stud earrings and a string of pearls and the only thing left is to find the perfect cocktail.



FUNERAL

Understated accessories will help you create a modest look for the somber occasion.



DATE NIGHT

Add some strappy shoes, some dangly earrings, and a statement necklace for date night.



SPECIAL EVENT

Layer with a jacket or pair it with a luxurious-looking clutch to give your look a special twist.

CHECK YOUR FIT

- Switching up your style while wearing the exact same thing is VERY easy to do; you just gotta be creative.
- When wearing a dress, consider shapewear and a great fitting bra. Having those can make for an extra polished look. If those items don't feel comfortable, you'll look just as good if you skip them.
- One little black dress can cover a multitude of occasions and keep you from having to make ANOTHER trip to the store.



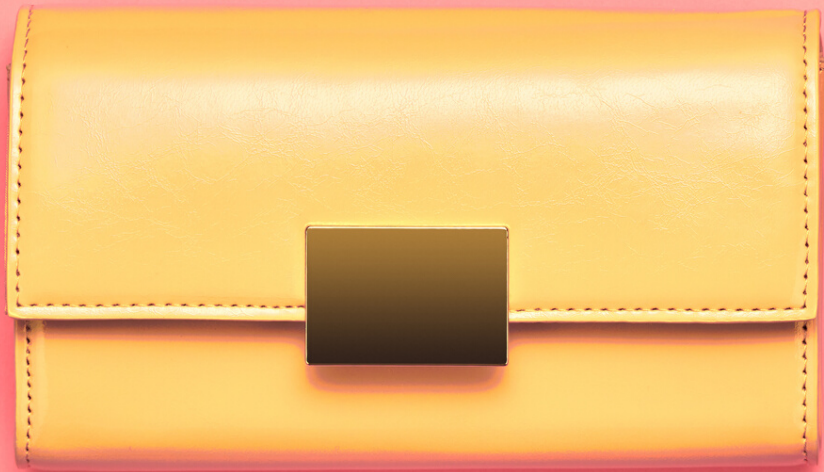
REMEMBER:

- Make sure to try your dress on in front of a full length mirror and twirl. It's more fun and you get a good idea of what you'll look like in a photograph.
- Play with colors to discover what looks best against your skin. The right outfit in a great color can make you glow!
- Just like jeans, there are many different cuts of dresses. Experiment to find your favorite silhouette.

YOUR SILHOUETTE

INSTRUCTIONS: Sometimes we don't know why something works, it just does. Pull out the three dresses that look best on you and take a close look at the way they are shaped. Chances are, you'll find one or more silhouettes that look great on you by taking a closer peek.

DRESS #1	WHY IT WORKS
	1:
	2:
	3:
DRESS #2	WHY IT WORKS
	1:
	2:
	3:
DRESS #3	WHY IT WORKS
	1:
	2:
	3:



ACCESSORIES

**ACCESSORIES CAN ELEVATE AN OUTFIT
FROM PLAIN JANE INTO SUPER CHIC.**

WHAT'S THE BEST WAY TO ACCESSORIZE?

“Dress like you are going to meet your worst enemy today.” - Coco Chanel

Accessories are like icing. Think of your outfit as a cake with nothing but plain fondant on it. Now imagine adding piping and everything else that gives that blank slate personality. THAT is what accessorizing does.

One of the best dressed women I ever met showed me the power of accessorizing. Everything that she bought was a solid color; she never wore prints. Every piece of embellishment came from the earrings, necklaces, bracelets, and of course, her shoes. I was sold.

Having her clothing itself in well-made solids, she could wear them through limitless style trends by simply switching up what she wore along with it.

Dressing well doesn't have to be complicated. Just add accessories.



ESSENTIAL ACCESSORIES



NECKLACE

Have two simple necklaces, one silver and one gold. When you have basic jewelry pieces in each metal, you always have something to match your piece.



BRACELET

Same deal with the bracelet. Get something basic in silver and gold.



EARRINGS

There are limitless styles of earrings, get a pair of everyday silver and everyday gold. Once you have the basics you can wear something funky that will still match.



A BELT

Having a black and brown belt gives you a lot of versatility.



EVERYDAY PURSE

Just like your belt, do black and brown, or if you're me do just black and never switch.



SPECIAL EVENT PURSE

You don't want a heavy everyday purse at a special event. Have a basic black clutch to carry your essentials!

SHOES - THE ULTIMATE ACCESSORY



STRAPPY HEELS

When you need to add a sprinkle of sex appeal, a pair of strappy heels can do the heavy lifting. Have them in black or go bold with a ruby red pair like this.



BALLET FLAT

Whether you're headed to the office or out to brunch with the girls, you can't go wrong with a ballet flat.



BOOTS

I like boots best in the fall and winter months, but a soggy spring could extend their usefulness. Keep a pair in any neutral, you can't go wrong.



SNEAKERS

Even the fanciest girl needs a casual Friday. Keep a pair of sneakers on hand to go with a relaxed weekend look.



A BASIC PUMP

A black pump can get just about any job done that you need, but consider a navy or grey pair too, just to switch it up.



SPECIAL EVENT SHOES

A special event shoe doesn't get worn often, but when it does it makes a serious statement!

CHECKING YOUR FIT

- An outfit is the cake, the accessories are the icing. Get fancy with that decoration.
- Having basic jewelry allows you to experiment in each category knowing that you'll always have something to go along with it.
- There's no such thing as too many shoes. But there might be such a thing as not enough space. Do your best.



REMEMBER:

- Accessories are one of THE EASIEST places for you to experiment. Go bold with colors, textures and styles once you have your basics covered.
- The right shoe will elevate your outfit AND your confidence.
- Just like Annie said, you're never fully dressed without a smile. THAT is good accessorizing.



6 STYLE AFFIRMATIONS

1 I'M WELL PUT TOGETHER, POLISHED, AND POISED.


4 I KNOW THE RIGHT LOOK TO BRING OUT THE BEST OF ME.

2 I MAKE GREAT FASHION DECISIONS AND HAVE EXCELLENT TASTE.

5 I TRUST MY INSTINCTS, AND THEY STEER ME WELL.

3 MY FASHION EXPERIMENTS YIELD WONDERFUL RESULTS.

6 I AM ENERGIZED BY THE BEAUTY THAT MY WARDROBE EXUDES.





ARE YOU READY TO SEIZE YOUR NEW STYLE?

Thank you for coming along on this journey to a new style. It goes without saying that this is a spot that leaves us all feeling a bit vulnerable. Please be gentle with yourself as you experiment, move things around, and make changes. Transitions and change can be difficult for the ADHD brain to adjust to, so don't be afraid to take things slowly, you glamorous gorgeous being, you. Supercharge that style, and tag me in the pics!

- René