

FASHION: PAM FIFE

Embracing your personal style should feel fun and freeing. Style is less about trends and more about confidence. When you dress in a way that reflects who you are, you feel comfortable, confident, and focused on others instead of yourself.

Most people tend to lean toward one or more of these style expressions:

Classic – timeless, polished, elegant

Artistic – expressive, unique, textured

Sporty – casual, athletic, effortless

Romantic – soft, feminine, graceful

Edgy – bold, dramatic, modern

Natural/Relaxed – easy, organic, comfortable

Your style can evolve and often blends elements from several categories.

Finding Your Personal Style

1. Decide how you want to feel

Elegant

Comfortable

Feminine

Minimal

Confident

2. Pay attention to what you're drawn to

Outfits you compliment on others

Items you repeatedly wear in your closet

Colors that brighten your complexion

Fabrics you love

3. Edit your closet without guilt

Remove items that:

- Don't fit
- Feel uncomfortable
- Don't reflect who you are
- Haven't been worn in over a year

4. Build around signature pieces

Examples:

Structured blazer

Flowy dresses
Well-fitting jeans or trousers

Choose pieces that layer easily and mix well. Investing in a few quality staples often saves money compared to buying many trendy items.

5. Let your style evolve

Your style may change with life seasons, career shifts, age, or personal growth. Try something new occasionally—a different accessory, hairstyle, or shoe.

Dressing for Your Body Shape

Every body is different. Your body isn't a problem to fix—clothing is simply a tool to highlight what you love.

Pear (Triangle)

Hips wider than shoulders
Goal: balance top and bottom
Boat or square necklines
Structured tops
A-line skirts
Lighter tops, darker bottoms

Apple (Round)

Fuller midsection
Goal: elongate torso
V-necks or scoop necks
Wrap styles
Empire waists
Structured blazers worn open

Hourglass

Balanced bust and hips with defined waist
Wrap dresses
Fitted tops
High-waisted skirts or pants
Belts

Rectangle (Athletic)

Straight silhouette
Peplum tops
Layering pieces
High-rise jeans
Ruching or draping

Inverted Triangle

Broader shoulders, narrower hips
V-necks
A-line skirts
Wide-leg pants
Minimal shoulder detail

Fit matters.

Sometimes tailoring makes the biggest difference. Also invest in good undergarments—a properly fitted bra can transform how clothing sits.

Current Style Trends

Animal prints
Stripes
Wide-leg and barrel jeans
Oversized structured jackets
Denim with embellishment
Slip skirts
Graphic tees
Boho styles
Loafers, sneakers, and simple sandals
Caps, scarves, and brooches

Remember: **Trends are inspiration, not rules.**

Capsule Wardrobes

A capsule wardrobe is a small collection of **10–20 versatile pieces** that mix and match easily and reflect your lifestyle and personal style.

Benefits

Less decision fatigue
Cleaner closet
More outfit combinations
Better long-term spending

Example Pieces

Tops

White button-down
Neutral t-shirts
Classic blouse
Lightweight sweater

Bottoms

Jeans
Tailored trousers
Neutral skirt
Casual pants

Layers

Blazer
Denim jacket
Cardigan
Coat or trench

Dresses

Everyday dress
Dressy option

Shoes

Sneakers
Loafers or flats
Boots or dress sandals

Accessories

Belt
Neutral handbag
Simple jewelry
Scarf

How to Build a Capsule Wardrobe

1. Start with pieces you already love and wear often
2. Remove items that don't fit or feel good

3. Consider your lifestyle (casual, work, church, social)
4. Fill wardrobe gaps intentionally
5. Buy pieces that can create at least **3 outfits**

With just **10 versatile pieces**, you can easily create **20+ outfit combinations**.

“A smile is the best accessory you can wear.” – Audrey Hepburn

“You’re never fully dressed without a smile.”