

DROP JAWS

NOT STANDARDS

MASTER THE ART OF STYLE
WITHOUT COMPROMISING ON CLASS

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WORKBOOK FORM

You can use this form to track progress, make observations, and reflect on each chapter's advice. Each section of the form corresponds to a chapter, offering space to practice, reflect, and adapt the tips to the reader's personal style.

Style Workbook: Chapter Notes & Practice

Chapter Title: _____

Date Started: _____

1. Key Takeaways:

What are the main points or advice from this chapter that stood out to you? Write down the tips or concepts you want to remember.

1. _____

2. _____

3. _____

2. What Will You Try?

Write down how you plan to apply the tips in your daily routine. Are you going to experiment with a new technique, wardrobe update, or practice a specific skill?

Example: I will try layering necklaces with different lengths this week.

1. _____

2. _____

3. _____

3. EXPERIMENT LOG:

USE THIS SPACE TO TRACK YOUR PROGRESS THROUGHOUT THE WEEK. DESCRIBE THE OUTFITS, COMBINATIONS, OR TECHNIQUES YOU TRIED BASED ON THE CHAPTER. BE SPECIFIC!

MONDAY:

OUTFIT/EXPERIMENT: _____

HOW DID IT FEEL? _____

WHAT WORKED? _____

TUESDAY:

OUTFIT/EXPERIMENT: _____

HOW DID IT FEEL? _____

WHAT WORKED? _____

WEDNESDAY:

OUTFIT/EXPERIMENT: _____

HOW DID IT FEEL? _____

WHAT WORKED? _____

THURSDAY:

OUTFIT/EXPERIMENT: _____

HOW DID IT FEEL? _____

WHAT WORKED? _____

FRIDAY:

OUTFIT/EXPERIMENT: _____

HOW DID IT FEEL? _____

WHAT WORKED? _____

SATURDAY:

OUTFIT/EXPERIMENT: _____

HOW DID IT FEEL? _____

WHAT WORKED? _____

SUNDAY:

OUTFIT/EXPERIMENT: _____

HOW DID IT FEEL? _____

WHAT WORKED? _____

4. What Did You Learn?

At the end of the week, reflect on what you discovered from the chapter's exercises. What worked well for you? What didn't? Were there any surprises?

1. _____
2. _____
3. _____

5. What Will You Adopt Going Forward?

Based on your experiments, write down the specific practices, style tips, or habits you plan to keep as part of your wardrobe and routine.

Example: I found that monochromatic outfits really work for me—I'll build more looks around this style.

1. _____
2. _____
3. _____

6. Questions or Further Exploration:

What are you still unsure about? Are there areas you'd like to explore more or tips that didn't quite resonate? Jot them down for further reflection.

1. _____
2. _____
3. _____

Repeat for Each Chapter:

Feel free to print out or replicate this worksheet for each chapter as you work through the book. It's a great way to keep track of your personal style journey, reflect on what you've learned, and ensure that you're not just reading, but actively practicing and adopting the lessons.

This format helps make sure you're fully absorbing and experimenting with each chapter's advice, leading to real changes in your style!