

## Jumpstart By Shana Uniform of The Day Planner

Think of a typical day. What kind of activities do you do that the clothing you wear affects or involves?  
How do you need to function?

---

---

---

Do you have any other typical days that maybe don't happen as often but also require specific clothing?  
These might be days when you're up in front of people or when you're much more active.

---

---

---

Think about the clothes you have on right now. What characteristics do they have? Have you adopted any  
of those characteristics?

---

---

---

Think about the best fitting, most fabulous outfit you have in your closet. What characteristics does that  
outfit have? Do you feel any of those characteristics when wearing it?

---

---

---

Think about that fabulous outfit you've got pinned on Pinterest or that you saw another woman wearing  
recently. What characteristics does that outfit have? Do you want to feel any of those characteristics?

---

---

---



## Jumpstart By Shana Uniform of The Day Planner

Outfit Name:	Top:	Bottom:	Accessories:	Characteristics:	Functions:
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____

Finally, color this in:

I deserve to look & feel fabulous.

