BOOKCHOWK / BEAUTY & SELF-CARE

Style Made Simple

A 7-Day Wardrobe & Personal Style Workbook

Use what you own. Find what feels like you.

SMALL STEPS.
USEFUL CHOICES.

- 10 practical lessons
- Fictional everyday examples
- 7-day action planner
- 4 printable worksheets

SanjAI Matta

Books for life, learning & creativity.

A useful place to begin.

First edition / October 2026 / English / Adult readers

Who this is for

For adults of any gender who want a more usable wardrobe. These are personal style experiments, not rules about body shape, skin tone, gender expression or what anyone should wear. Adapt the ideas to your culture, climate, mobility, work and preferences.

How to use the ideas

The examples are fictional and the planning exercises are original. Read the lessons, choose a relevant action and record your own decision. A seven-day planner is a way to organise practice, not a guarantee of a personal, health or relationship outcome.

About the guidance

The style experiments, examples and worksheets are original BookChowk material. They are invitations to try combinations you enjoy, not expert rules about which colours, shapes or clothes a person must wear.

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Reader support

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Read. Choose. Try. Review.

A small practice is enough to make a clear next decision.

Read before using a planner

The ten lessons give context, a fictional worked example, three actions and a writing prompt. Read a relevant lesson before making a choice. You do not need to do every action on the same day.

Choose for your real circumstances

Adapt the organiser to your time, responsibilities, access and preferences. Keep professional instructions when they apply. Choose only activities that are suitable and safe for your circumstances.

Keep a brief record

Write enough to remember what you tried, what happened and what you want to change. A tracker is information, not a grade. You can leave a field blank when it is not relevant.

01
READ

02
CHOOSE

03
TRY

04
REVIEW

Print only what you need

The workbook uses A4 portrait pages. Print at 100% or use Fit if your printer clips an edge. Worksheets are on pages 22-25. You can also read on screen and write in your own notebook.

Ten lessons. One useful week.

Use the page numbers to find a lesson or printable tool.

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02 Audit one small wardrobe zone 6

03 Let comfort guide the fit check 7

04 Build a colour pair you enjoy 8

05 Use an outfit formula 9

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09 Buy for a named gap 13

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Page 26 / Outfit formula library

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Dress for your actual day

Purpose before purchases

A useful outfit begins with the day you are having. A long commute, a family event, a desk shift and a rainy errand can ask different things of your clothes. Start with movement, temperature, footwear and any genuine dress requirements, then decide how you want the outfit to feel.

Choose three words that describe your own preference, such as comfortable, crisp, playful, simple, colourful or understated. The words are a guide for your decisions, not a fixed identity you must keep forever. You can enjoy a bright outfit one day and a quiet one the next.

Before buying anything, list the situations you dress for most often. This keeps your wardrobe project connected to use. A lovely item with no place in your week may still be enjoyable, but it should not quietly become the solution to every outfit problem.

IN EVERYDAY LIFE

Anjali likes dramatic occasion clothes but spends most weekdays travelling to work. Her first experiment is an outfit that sits comfortably on the commute and meets her work requirements. Her three words are comfortable, clear and colourful.

YOUR THREE ACTIONS

1. List three situations you dress for often.
2. Choose three words for your preferred feeling.
3. Name one practical requirement for each situation.

My most common day and three style words:

References: Original planning exercise

Audit one small wardrobe zone

A useful shelf is a good start

You do not have to empty every cupboard to learn something about your wardrobe. Choose one manageable group: daily tops, work trousers, dupattas, shirts, footwear or a single drawer. Set out only as much as you can put away in the time available.

Use four temporary groups: wear now, needs care, uncertain and no longer useful to me. The uncertain group is a pause, not an instruction to discard. An item may have emotional value, occasional use or a purpose you have not yet named. Decide thoughtfully rather than using a timer to rush a sentimental choice.

For each wear-now item, note a real occasion where you use it. For a care item, name the next action: washing according to the label, replacing a button or asking about a repair. The result should be an easier-to-use section, not a larger mess that takes the whole weekend to resolve.

IN EVERYDAY LIFE

Rahul audits only five work shirts. Three are ready, one needs a button and one is uncomfortable at the collar. He books the small repair and keeps the uncertain shirt apart while considering its use.

YOUR THREE ACTIONS

1. Choose a zone you can reset today.
2. Sort into four temporary groups.
3. Write the next action for one care item.

My small audit zone and one useful discovery:

References: Original planning exercise

Six starting points to adapt.

Use owned pieces and change the combinations to suit your day.

A usual weekday

Comfortable base + useful top + footwear you can manage.

A light layer

Familiar outfit + a layer suited to the actual weather or room.

One colour accent

An owned combination + one colour detail you enjoy.

An occasion setting

Main outfit + practical footwear + only useful accessories.

A quick errand

Easy-to-move pieces + secure footwear + a bag for the task.

A repeat with variety

A trusted formula + one different piece or detail.