

WARDROBE ARCHITECT

DESIGNING AND BUILDING THOUGHTFUL ATTIRE

Determine what shapes make you feel comfortable and happy, and which feel foreign and wrong for you.

INSTRUCTIONS

Below, we've created a matrix of elements that might effect various garments. In each box, rate how you feel while wearing this shape on a scale of 0-10. 0 means you hate wearing this type of shape. 10 means you feel happiest in this shape. 5 means neutral.

Don't over think it. Your answer to many of these will likely be "it depends." Try to just go with your gut as you think about each aspect individually. Remember that this is mainly a warm-up to get your brain working and thinking about your preferences, you don't need to have a definitive or perfect list.

0 - I HATE WEARING THIS
5 - I AM NEUTRAL ABOUT WEARING THIS
10 - I AM HAPPIEST WEARING THIS

	EASE				LENGTH								FULLNESS					WAISTLINE			
	VERY FITTED	SOMEWHAT FITTED	SOMEWHAT LOOSE	VERY LOOSE	VERY LONG OR MAXI LENGTH	MIDI LENGTH (BELOW KNEE TO MID-CALF)	KNEE LENGTH	MID-THIGH LENGTH	MINI LENGTH	TUNIC LENGTH	ABOVE HIP LENGTH	CROPPED /MIDRIFF LENGTH	VERY FULL (CIRCLE, FULL DIRNDL)	SOMEWHAT FULL (GORED)	A-LINE	STRAIGHT	VERY FITTED (PENCIL)	HIGH WAISTLINE	MID, NATURAL WAISTLINE	LOW OR DROPPED WAISTLINE	NO WAISTLINE
SKIRTS					0	2	10	5	0									10	7	0	
DRESSES	6	5	5	6	0	3	10	0	0									10	10	0	5
PANTS	9	7	0	5	10	0	0	0	0									10	5	0	
TOPS & BLOUSES	0	7	8	10						0	8	5									
JACKETS & BLAZERS	0	8	5	0						0	8	5									
CARDIGANS	5	5	3	0						0	5	10									
OUTERWEAR	0	5	5	8						5	5	0						0	5	0	8

INSTRUCTIONS

On the same 0-10 scale, rate how you feel in each of these:

NECKLINES

V-NECK	5
U-NECK	5
BOATNECK	8
COWL	3
SQUARE	5
SWEETHEART	0
JEWEL	5
SCOOP	6
TURTLENECK	8
STRAPLESS	0
SPAGHETTI STRAP	10
HALTER	0
OFF SHOULDER	0

SLEEVES

SPAGHETTI STRAP	10
SLEEVELESS	5
CAP SLEEVE	0
SHORT SLEEVE	5
ABOVE-ELBOW SLEEVE	0
THREE-QUARTER LENGTH SLEEVE	10
FULL LENGTH SLEEVE	10

<p>0 - I HATE WEARING THIS 5 - I AM NEUTRAL ABOUT WEARING THIS 10 - I AM HAPPIEST WEARING THIS</p>
