

Proportions Workbook

WEEK 1

Starting at the top of the body, you will be using the information on balance points to help you **find the ideal place for a necklace and your necklines**.

You can experiment with different necklines and necklaces until you find the ones that sit at your higher and your lower balance points.

You don't need to worry about the exact measurements. You are looking for something that is aesthetically pleasing. For a necklace at the wrong length, you may want to either extend or shorten it slightly.

Please note: If you post more than one picture, eg a before and after, please put the second picture in the comments and don't put post two pictures in the main post (unless you know how to create a collage from your pictures) as the post will split out into multiple posts and comments will be lost.

Tag your outfit **#balancepoint**

Your personal notes

WEEK 2

In week 2 we are going to explore the proportions of the torso in more detail.

This will include:

- working out your middle body proportions,
- focussing on your décolletage,
- and waist and rise.

Most people are not exactly proportional so you may find that you have either:

- a long/short décolletage,
- long/short waist
- or a long/short rise.

Use the style notes, chart and the video to help you.

The challenge this week is to find an outfit that flatters your proportions.

Try on jeans/trousers or skirts that have waistlines at different levels.

You could be trying to:

- Make a long rise look shorter with your jacket or top length or;
- Make a short waist look longer by using a belt, or;
- Reduce a long décolletage by wearing a bigger necklace or adjusting your bra.

It depends which area of your torso you are trying to change.

It could be that you are happy with your proportions just as they are.

Post an outfit that feels good for you proportionally and explain what impact you were aiming for.

Tag your outfit **#torso**

Your personal notes

WEEK 3

This week you are going to **find your best hemline for skirts, dresses, and Capri pants**. You will need to evaluate your legs to decide where the widest part is at your calf and your knee.

Again, the work this week will be trying on your clothes until you find the hemline that is most flattering to your particular leg length and shape.

- Is it above, on or under the knee?
- Above, on or over the calf?

It is about where you feel psychologically happy, as well as proportionally balanced.

Try and select the shoe height that you would usually wear, as this can make a difference to what length the hem looks best at for you.

Tag your outfit #hemlength

Your personal notes

WEEK 3

Putting it all together.

In this last challenge you will **combine all the knowledge you have gained this month and put it into a complete outfit.**

You are looking to create an outfit that is either proportionally balanced or that shows off a particular aspect of your body, e.g. long legs.

Consider necklines, the scale and placement of your accessories and the element of your body you want to emphasize. Your shoe vamp and handbag size will affect your optical proportion, so try and give them consideration too if you can.

You are aiming for an outfit that looks good and makes you feel good.

Tag your outfit #alltogethernow

Your personal notes
