

YOUR LIFE



YOUR STYLE

THE WORKBOOK TO CONNECT
YOUR TASTE WITH YOUR
REALITY

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WELCOME TO YOUR “YOUR LIFE. YOUR STYLE.”

THIS WORKBOOK WILL HELP YOU UNCOVER EXACTLY WHAT YOU NEED FROM YOUR WARDROBE—SO YOUR CLOTHES DON'T JUST LOOK GOOD, THEY WORK FOR YOUR REALITY. YOU'LL EXPLORE YOUR DAILY HABITS, STYLE GOALS, LIFESTYLE LIMITS, AND PRACTICAL NEEDS, THEN TURN THOSE INSIGHTS INTO A CLEAR BLUEPRINT FOR DRESSING WITH CONFIDENCE AND INTENTION.

Open this workbook in any PDF app and type directly into the fields, or print it and grab a pen.

ABOUT THE AUTHOR

Tekla Tanko is a stylist, creative director and author of *"Find Yourself. Dress Like It"*. She started her career in Milan and went on to work in Madrid, Barcelona, Budapest, Beijing and Shanghai, styling everything from commercials and editorials to red carpet looks. For six years she worked as Fashion Editor at InStyle Magazine Hungary.



Her approach is simple: style is not about trends. It is about self-knowledge. She has taught stylist courses, worked with international clients, and developed her own way of helping people connect their wardrobe with their personality.

Her first book brings together everything she has learned in over 15 years. It mixes editorial inspiration with practical tools like body shape analysis, color theory and capsule wardrobes. The result is a guide that helps readers build a wardrobe that feels authentic, lasting and personal.

- 15+ YEARS INTERNATIONAL STYLING •
- FORMER FASHION EDITOR •
- AUTHOR •

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FINDING YOUR PERSONAL STYLE
CAN FEEL EXCITING.
COLLECTING DREAM OUTFITS,
SAVING PINTEREST BOARDS,
IMAGINING THE WARDROBE
YOU'D LOVE TO HAVE. BUT
HERE'S THE THING: EVEN THE
MOST BEAUTIFUL CLOTHES
WON'T FEEL RIGHT IF THEY
DON'T WORK FOR YOUR
EVERYDAY LIFE.

MAYBE YOU LOVE GLAMOROUS
COCKTAIL DRESSES, BUT YOUR
WEEK IS SPENT IN A CREATIVE
STUDIO. OR YOU DREAM OF
BREEZY BEACH TUNICS, BUT THE
SEA IS A TWICE-A-YEAR ESCAPE.
THE KEY TO A TRULY EFFORTLESS
STYLE IS MAKING SURE IT
REFLECTS BOTH YOUR TASTE AND
YOUR LIFESTYLE.

For a deeper dive into building a wardrobe that truly
reflects you, explore:

Find Yourself. Dress Like It. teklatanko.com/thebook

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YOUR DAILY HABITS AND RHYTHM

YOUR WARDROBE WORKS BEST WHEN IT REFLECTS YOUR REAL LIFE, NOT AN IMAGINARY ONE. BEFORE YOU CHOOSE FABRICS, COLORS, OR SILHOUETTES, GET CLEAR ON HOW YOU ACTUALLY SPEND YOUR TIME. THIS SECTION HELPS YOU MAP OUT YOUR DAILY ACTIVITIES SO YOUR STYLE SUPPORTS YOUR LIFESTYLE INSTEAD OF FIGHTING AGAINST IT.



WHAT TYPES OF ACTIVITIES
FILL MOST OF YOUR
WEEKDAYS?

HOW DO YOUR WEEKENDS
TYPICALLY LOOK?

WHICH SITUATIONS REQUIRE
YOU TO DRESS UP MORE?

WHEN YOU PICTURE YOUR
IDEAL SELF, WHAT FEELINGS
COME TO MIND?

LONG TERM GOALS & STYLE ALIGNMENT

CLOTHES ARE MORE THAN FABRIC — THEY'RE EMOTIONAL CUES. THE WAY YOU WANT TO FEEL IN YOUR OUTFITS WILL GUIDE YOUR CHOICES MORE EFFECTIVELY THAN TRENDS. USE THIS SECTION TO IDENTIFY THE THREE MAIN EMOTIONS YOU WANT YOUR STYLE TO EVOKE.



*Style is not about trends.
It is about self-knowledge*

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WHICH ONE OF THESE
FEELINGS ARE MISSING
FROM YOUR CURRENT
WARDROBE?

WHAT WOULD MAKE YOU
FEEL LIKE YOUR STYLE
GENUINELY REFLECTS YOUR
PERSONALITY WHILE ALSO
ADAPTING TO YOUR REAL,
EVERYDAY LIFE?

IDENTIFYING YOUR LIFESTYLE LIMITS

NOT EVERY OUTFIT YOU LOVE
FITS YOUR CURRENT LIFE. THIS
SECTION HELPS YOU SPOT WHERE
YOUR WARDROBE DOESN'T YET
MATCH YOUR REALITY, SO YOU
CAN MAKE INTENTIONAL
CHOICES THAT FEEL
ASPIRATIONAL YET PRACTICAL.



ARE THERE OCCASIONS YOU
DREAM OF BUT DON'T YET
HAVE OUTFITS FOR?

WHAT PIECES DO YOU
FANTASIZE ABOUT WEARING
BUT FEEL DISCONNECTED
FROM IN YOUR CURRENT
LIFE?

THINK BACK TO MOMENTS
WHEN YOU DIDN'T FEEL
GOOD IN YOUR CLOTHES.
WHAT CAUSED IT?

PRACTICAL CONSIDERATIONS

STYLE ONLY WORKS WHEN IT'S WEARABLE. HERE YOU'LL REFLECT ON COMFORT, CLIMATE, WORK REQUIREMENTS, AND ANY RECURRING FRUSTRATIONS—SO YOUR WARDROBE IS BEAUTIFUL AND FUNCTIONAL.



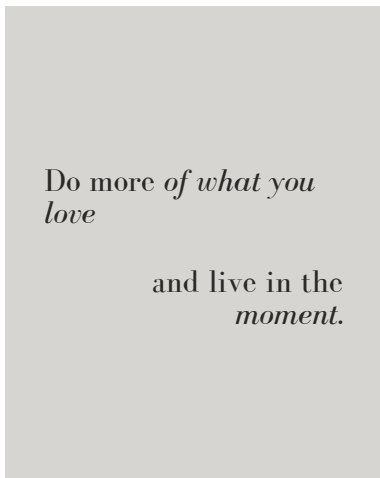
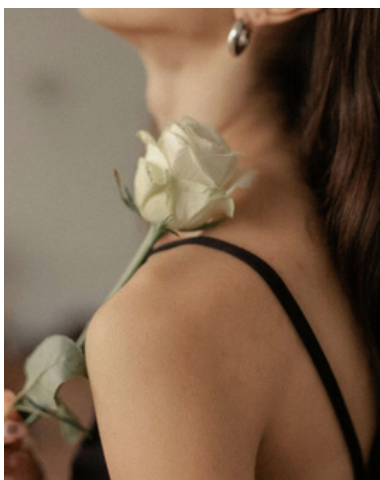
WHAT FACTORS DO YOU
ALWAYS NEED TO CONSIDER
WHEN GETTING DRESSED?

WHAT CURRENTLY
FRUSTRATES YOU ABOUT
YOUR WARDROBE?

ARE THERE FABRICS, CUTS,
OR STYLES YOU LOVE BUT
RARELY WEAR BECAUSE THEY
DON'T SUIT YOUR DAILY
NEEDS?

STYLE REALITY PROFILE

THIS IS YOUR QUICK-REFERENCE GUIDE TO YOUR PERSONAL STYLE. AFTER COMPLETING THE WORKBOOK, USE THIS PAGE TO CONSOLIDATE YOUR INSIGHTS: YOUR LIFESTYLE MIX, KEY FEELINGS, WARDROBE GAPS, CORE COLORS, AND MUST-HAVE SILHOUETTES. THINK OF IT AS YOUR PERSONAL "STYLE BLUEPRINT": A SNAPSHOT OF WHAT WORKS FOR YOU NOW, WHAT YOU WANT TO EXPRESS, AND WHAT PIECES WILL MAKE DRESSING EFFORTLESS AND JOYFUL. KEEP IT WHERE YOU GET DRESSED OR AS A DIGITAL NOTE, SO IT'S ALWAYS AT HAND WHEN PLANNING OUTFITS, SHOPPING, OR REFINING YOUR WARDROBE.



LIFESTYLE MIX

IDENTIFY WHERE YOU SPEND MOST OF YOUR TIME
AND WHAT YOUR WARDROBE NEEDS TO SUPPORT.

Home- / Casual

Work/ Professional

Social / Events

Travel /Other

Notes:

TOP 3 FEELINGS I WANT IN MY STYLE

THE EMOTIONS AND ENERGY YOU WANT YOUR
OUTFITS TO EVOKE EVERY DAY.

BIGGEST WARDROBE GAPS

THE MISSING PIECES THAT WOULD MAKE DRESSING
EASIER, MORE FUNCTIONAL AND MORE JOYFUL.

CORE COLORS

YOUR GO-TO SHADES THAT MIX AND MATCH
EFFORTLESSLY.

MUST-HAVES

SHAPES AND CUTS THAT ALWAYS MAKE YOU FEEL
CONFIDENT, COMFORTABLE AND STYLISH.

SEASONAL CONSIDERATIONS

FACTORS THAT AFFECT YOUR WARDROBE
THROUGHOUT THE YEAR, LIKE WEATHER, TRAVEL OR
LIFESTYLE SHIFTS.

CONGRATULATIONS! YOU'VE TAKEN THE TIME TO REFLECT ON YOUR LIFESTYLE, YOUR GOALS, AND WHAT YOUR WARDROBE TRULY NEEDS. BY COMPLETING THIS WORKBOOK, YOU'VE CREATED A FOUNDATION FOR A STYLE THAT WORKS FOR YOUR REAL LIFE, AND A CLEARER SENSE OF THE ENERGY AND CONFIDENCE YOU WANT TO EXPRESS.

If you want to take your personal style even further, explore my book:

"Find Yourself. Dress Like It.", a full guide to building a wardrobe that truly reflects who you are, helps you feel empowered every day, and makes getting dressed a joy rather than a chore.

Visit teklatanko.com/thebook to grab your copy and continue your style journey.

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