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## THE SIGNATURE FIT: DEFINE YOUR STYLE & BODY TYPE

CRAFTED FOR WOMEN IN EVERY ROLE—EVERYDAY,  
BUSINESS, CAREER, INDUSTRY, AND MOTHERHOOD

CURATED BY LADONNA HARDY ALLEN





Every woman deserves to feel confident in her clothes — not just when she has an event to attend, but every single day.



A woman with long dark hair, wearing a brown button-down shirt and a leopard print headscarf, is walking on a city street. She is wearing large, dark, rectangular sunglasses and gold hoop earrings. In the background, other people are visible, including a woman in a light blue jacket talking on a phone and a woman with blonde hair. The background is a blurred city street with buildings.

Your style is more than just fabric and trends; it's a reflection of who you are, how you move through the world, and the story you want to tell.

In this ebook, you'll learn how to identify your body type, uncover your personal style identity, and choose colors, fabrics, and outfits that naturally highlight your best features. Think of this as your style foundation — the starting point for building a wardrobe that feels effortless, empowering, and undeniably you.



# Understanding Your Body Type

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Your body type isn't about size — it's about shape and proportion. Once you understand your natural silhouette, you can select pieces that balance and enhance it.

## The Five Classic Body Types

Hourglass – Balanced shoulders and hips with a defined waist.  
Best styles: Wrap dresses, belted blazers, high-waist skirts.

Pear (Triangle) – Hips wider than shoulders.  
Best styles: A-line skirts, boatneck tops, statement shoulders.

Apple (Inverted Oval) – Fuller midsection, slimmer legs.  
Best styles: Empire-waist dresses, flowy tops, structured jackets.

Rectangle (Athletic) – Shoulders, waist, and hips are similar in width.  
Best styles: Layered outfits, belted looks, flared bottoms.

Inverted Triangle – Shoulders broader than hips.  
Best styles: V-necklines, wide-leg pants, A-line skirts.





## Pro Tip:

Stand in front of a mirror (or take a photo) and trace your silhouette. The outline will reveal your natural body type more clearly than size or weight ever could.





Answer these quick questions to discover your dominant style personality:

## Style Identity Quiz Worksheet

**Title:** *Who Are You in Fashion?*

**Instructions:** Circle the answer that best fits you for each question, then tally your results.

Question	A	B	C	D
When you shop, what excites you most?	Classic pieces	Bold patterns	Comfortable basics	Trendy looks
Your dream outfit feels...	Polished & timeless	Playful & creative	Relaxed & low-maintenance	Modern & fashion-forward
First piece you'd replace if your closet disappeared?	LBD/Blazer	Statement accessory	Jeans & Tee	Designer bag/shoes

### 👉 Results Key:

- Mostly A's → *Classic Chic*
- Mostly B's → *Creative Trendsetter*
- Mostly C's → *Casual Minimalist*
- Mostly D's → *Modern Glam*



## Color Palettes & Fabrics That Flatter

The right colors and fabrics can take your look from “okay” to unforgettable.

### Color Palettes

- **Warm Undertones (yellow/golden skin hues):** Earth tones, coral, mustard, olive, warm reds.
- **Cool Undertones (pink/blue skin hues):** Jewel tones, icy pastels, navy, emerald, fuchsia.
- **Neutral Undertones:** Flexible — try both warm and cool tones to see which enhances your glow.

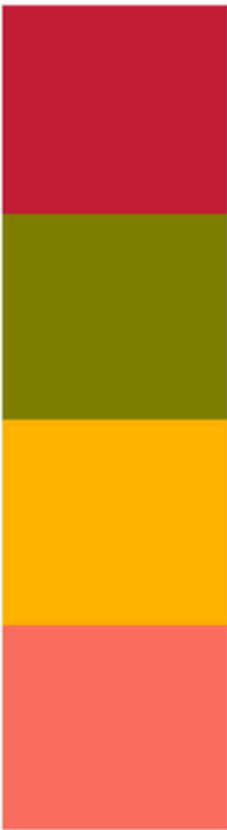
### Fabrics to Consider

- **Structured:** Denim, twill, wool (great for defining shape).
- **Flowy:** Chiffon, silk, jersey (perfect for softening edges).
- **Textures:** Leather, lace, knits (add personality + depth).

*Pro Tip:* Hold fabric swatches or clothing against your face in natural light. If it makes your eyes brighter or your skin look radiant, it's a keeper.



Warm Undertones



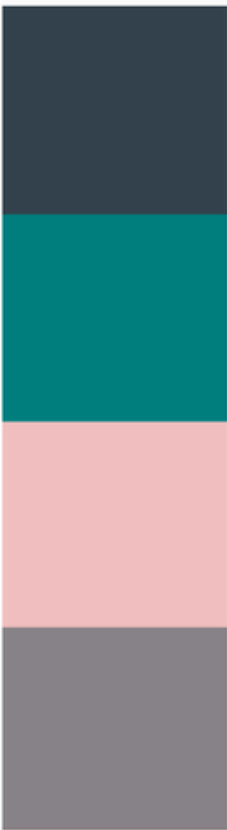
- Warm Red - #C41E3A
- Olive - #808000
- Mustard - #FFB400
- Coral - #FF6F61

Cool Undertones



- Emerald - #046307
- Navy - #001F54
- Icy Pastel Lavender - #D6D6FF
- Amethyst Purple - #6A0DAD

Neutral Undertones



- Charcoal - #36454F
- Teal - #008080
- Soft Blush - #F4C2C2
- Taupe - #8B8589



# Color Palette Discovery Page

**Title:** *Find Your Flattering Shades*

**Instructions:** Mark which undertone you identify with, then list your top 5 colors.



- **Warm Undertones** → Coral, mustard, olive, warm red
- **Cool Undertones** → Jewel tones, icy pastels, navy, emerald
- **Neutral Undertones** → Flexible with both

 **My Top 5 Signature Colors:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_





## Wardrobe Self-Audit — What's Working, What's Not

A closet cleanse is a game-changer. Use this checklist:

- Does it **fit** my current body comfortably?
- Does it **flatter** my shape and coloring?
- Does it align with my **style identity**?
- Do I feel **confident** when I wear it?
- Can I style it in **3 or more ways**?

If you answered **no** to 2+ questions → time to donate, sell, or repurpose.

*Visit Next Page for the  
Wardrobe Audit Checklist*



# Wardrobe Self-Audit Checklist

**Title:** *What's Working, What's Not?*

**Instructions:** Go through your closet. For each item, check the boxes. If you have two or more “no” answers → remove it.

Item	Fits Well	Flatters Shape	Matches Style Identity	Boosts Confidence	Can Style 3+ Ways	Keep / Donate
Example: Black blazer	✓	✓	✓	✓	✓	Keep
Example: Neon top	✓	✗	✗	✗	✗	Donate

Ladies, it's time to audit and elevate

The Signature Fit





## Signature Style Inspiration Boards

Pull it all together by creating your **Signature Style Board**:

1. **Choose your body type** (Hourglass, Pear, Apple, Rectangle, Inverted Triangle).
2. **Identify your style identity** (Classic, Creative, Casual, Modern).
3. **Pin or screenshot inspiration outfits** that match both.
4. **Label your board**: “My Signature Fit.”

Examples:

- **Pear + Classic Chic**: Wide-leg trousers + fitted blazer.
- **Apple + Casual Minimalist**: Tunic top + skinny jeans + flats.
- **Hourglass + Modern Glam**: Wrap dress + sleek heels.

👉 Create separate boards for **workwear, weekend, and special occasions** so your style feels consistent across your lifestyle.

*Pinterest is your best friend for this*  
*Schedule a consultation here and let's*  
*discuss what you created!*



# Style Reflection Journal Page

**Prompt Questions:**

- When do I feel the most confident in my clothes?
- What pieces do I keep reaching for?
- What do I want my style to say about me?
- One word to describe how I want to feel every day is: \_\_\_\_\_.

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For those who demand impeccable style—whether for high-profile events, executive presence, sophisticated workwear, elevated everyday looks, your big wedding day, or transformative experiences such as a confidence reset or a refined mommy makeover—I offer exclusive personal styling. Step into a new era of elegance.

Schedule your private consultation [here](#).

Be sure to follow me on social media for the latest trends  
@styledbyladonnaa on IG  
& facebook Ladonna Hardy Allen



The Signature Fit