



WEARING YOUR WORTH®
MINI SERIES WORKBOOK

WELCOME

Welcome to the Wearing Your Worth® Mini Series

This workbook will be your trusted companion to walk you through the three videos that make up this series and will be arriving in your inbox over the next coming days.

Get ready to shine a torch on your wardrobe and style with a whole new lens. You may never have thought about your closet in this way before!

The Wearing Your Worth® method of dressing is simple, easy and creates certainty and confidence in what you wear, no matter the occasion.

Reaching deep into who you are, we unlock the conditioning that has held you back from dressing with full vigour and showing up in the world as your fully expressed self.

It is my desire for you that you get to let go of the indecision, uninspired, insecure thoughts you have about what you wear and move you to feeling

CONFIDENT
EMPOWERED
TRULY BEAUTIFUL

... every time you get dressed.



WEARING YOUR WORTH®
Reclaim Your Authentic Style

01 | DECODE YOUR RELATIONSHIP WITH YOUR CLOTHES



How Do You Feel?

To understand your own personal relationships with your clothes it is useful to be aware of how you feel currently in your clothes. Is there a common feeling you have each morning when you get dressed? Is it indecision? Confusion? Worry? Excited? It might be a myriad of feelings.

If you could feel any way when you get dressed in the morning, what would that be. Just let yourself really imagine the best of how you would like to feel.

When you currently get dressed, how do you generally feel?

When you get dressed each day, how would you like to feel?

Decode Your Relationship With Your Clothes

When we open our closets each day we often just see a bunch of clothes.

To understand what might be having us feeling bored, indecisive or playing small in what we wear, instead of empowered, confident and aligned with our true self, it's important to look at our wardrobes with a whole new lens.

I like to think about the wardrobe in seven different areas of life:

Relaxed Weekend Wear

Smart Casual (what you may wear to brunch, lunch or a casual dinner)

DateNight/Night out wear

Workwear

Leisurewear

Exercise wear

Formal wear

Before you go to the questions on the next page, I invite you to think about each of the above areas, consider what is the most accurate feeling that you feel:

CONFIDENT

CONTENT

CONFRONTED

My invitation to you is don't labour over your answer. Close your eyes and feel into you gut, quiet your mind and then go with the first response you get. You cannot get this wrong. :)



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Decode Your Relationship With Your Clothes

The size & contents of the lifestyle areas can give us some deep insight about how we feel about ourselves in those areas of life and where we may be stuck or not congruent with our authentic selves. Remember no right or wrong, just information.

What is the largest area in your wardrobe?

What percentage of the clothes in this area do you wear?

How do you feel in these clothes?

How does this relate to how you feel in this area in your life?

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Decode Your Relationship With Your Clothes

The size & contents of the lifestyle areas can give us some deep insight about how we feel about ourselves in those areas of life and where we may be stuck or not congruent with our authentic selves. Remember no right or wrong, just information.

What is the second largest area in your wardrobe?

What percentage of the clothes in this area do you wear?

How do you feel in these clothes?

How does this relate to how you feel in this area in your life?

Decode Your Relationship With Your Clothes

The size & contents of the lifestyle areas can give us some deep insight about how we feel about ourselves in those areas of life and where we may be stuck or not congruent with our authentic selves. Remember no right or wrong, just information.

What is the smallest area in your wardrobe? (excluding formal wear unless you regularly attend formal events)

What percentage of the clothes in this area do you wear?

How do you feel in these clothes?

How does this relate to how you feel in this area in your life?



02 | BALANCE YOUR FEMININE
& MASCULINE

Balance Your Feminine & Masculine

In this video we explore how you express both your feminine and masculine in your outfits. This is super important.

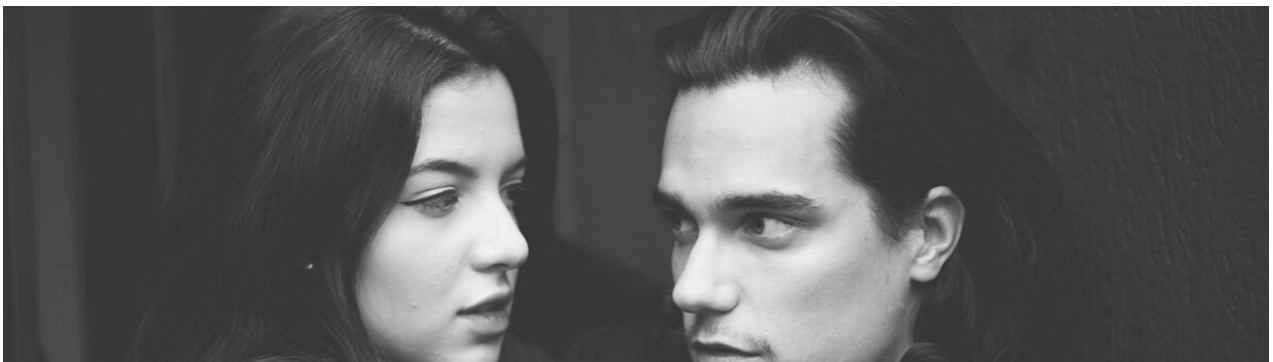
It is vital to find an optimal balance for feminine and masculine attributes within our outfits and I often find that the balance hits somewhere around the 80/20 or 70/30 mark for most women, (feminine/masculine).

However, as women we often find that our masculine is expressing too heavily in our outfits and it can over ride our feminine expression. When this happens, we don't feel fully expressed or energised in our outfits and we can feel drained and disinterested in our wardrobe.

The Sarah Gale Golden Rule:

Our masculine is there to
hold a container for our feminine,
yet not to contain her.

Also, if there are only feminine elements in your outfit, without a balance of the masculine, this feels unbalanced. Women report feeling dislodged somehow; not grounded and something just feels really off. Some clients feel unsafe and blame it on the clothes, yet it is just that her feminine is not feeling held by her masculine.



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Feminine & Masculine Attributes in Clothing

We often go to the obvious when looking to distinguish between feminine and masculine attributes in our clothing, yet it is important to understand that these are not necessarily so. **See some details below:**

Dresses - tend to hold a lot of feminine, yet if these are structured in design or fabrication they will hold masculine attributes as well.

Skirts - tend to hold a lot of feminine, yet if these have masculine style pockets and seams they will carry more masculine.

Blouses/Shirts - the softer and flowier the fabrication the more feminine. The more structured the shape, eg traditional shirt collar and the more structured the fabric or heavier the buttons, these will hold masculine.

Jackets and Coats - the more deconstructed the style and flowier the fabric the more feminine they contain. The more traditional shapes (eg blazer) or military styles will hold more masculine.

Camisoles/Tanks - these tend to hold more feminine, especially in softer fabrications, yet if it is a traditional style tank, it will hold more masculine. The thinner the shoulder strap the more feminine, as a basic rule.

Tee Shirts - crew neck Tees and V neck tees tend to hold a lot of masculine. Softer dropped round necks will hold more feminine. The softer and rapier the fabric, the more feminine.

Pants - flowy less structured pants hold more feminine. Whereas the more traditional side pocket pants with a lower waist and pants in a more structured fabrication will hold more masculine.

Jeans - these are neutral and will take on the masculine and feminine attributes dependant on what they are paired with.



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Balance Your Feminine & Masculine

Consider the styles in your closet - eg Skirts, Dresses, Pants, Jackets, Shirts, Jumpers, Tee's, Tanks ect

What styles do you have the most of in your wardrobe?

Do these styles have more feminine or masculine attributes generally?

Do you generally have more masculine or feminine attributes in the clothes you wear?

How could you add more feminine or masculine to your outfits to create an optimal balance?

Your Current Expression of Feminine & Masculine

Thinking about your current wardrobe, let's explore what the current balance of masculine and feminine attributes in your clothing is and how you feel within the mix that you wear. Going back to the different Lifestyle areas of life from Video One: Relaxed W/end wear; Smart Casual; Workwear; Date night wear; Leisure wear; Exercise wear; Formal wear.

Which areas hold more masculine or feminine attributes?

How does this reflect how you feel in those lifestyle areas?

03

EXPLORE YOUR
STYLE ESSENCES



Your Style Essences

In this video we explore the difference of your "everyday clothing " and a favourite piece of clothing. This is the beginning of discovering your Style Essences.



Your Style Essences are the expression of your heart and soul. They ignite the internal presence and reconnect you with your authentic, congruent expression.

My experience tells me we all have Three Style Essences. When we combine these three Style Essences in one outfit, we connect with our truth.

We come alive in a whole new way in our clothes and beyond.

We feel a sense of coming home to our true nature in the expression of our clothes. It enlivens our energy and we connect with our true beauty, confidence and power.

”

The wardrobe is one of the ego's chief weapons to disconnect us from Who We Really Are.

- SARAH GALE

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What Do You Wear Everyday

Think about the clothes that you wear each day. Maybe this is similar seven days a week. Maybe these differ from weekday to weekend.

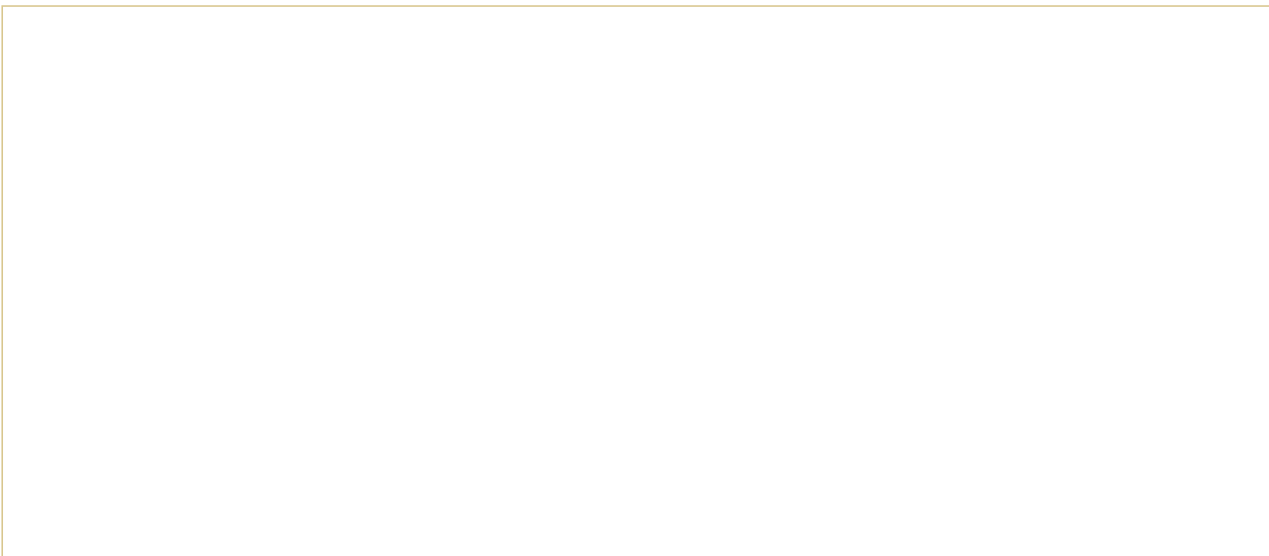
How do you feel in the clothes you most regularly wear?

Why do you wear these clothes ... what springs to mind first?

Is there a common theme to the clothes you wear regularly?



Are you hiding in your regular clothes or fully expressing your most powerful, confident and authentic self?



What is one of your favourite items/outfits in your closet?

When you put this favourite item/outfit on, how do you feel?

Maybe you have never thought about it?

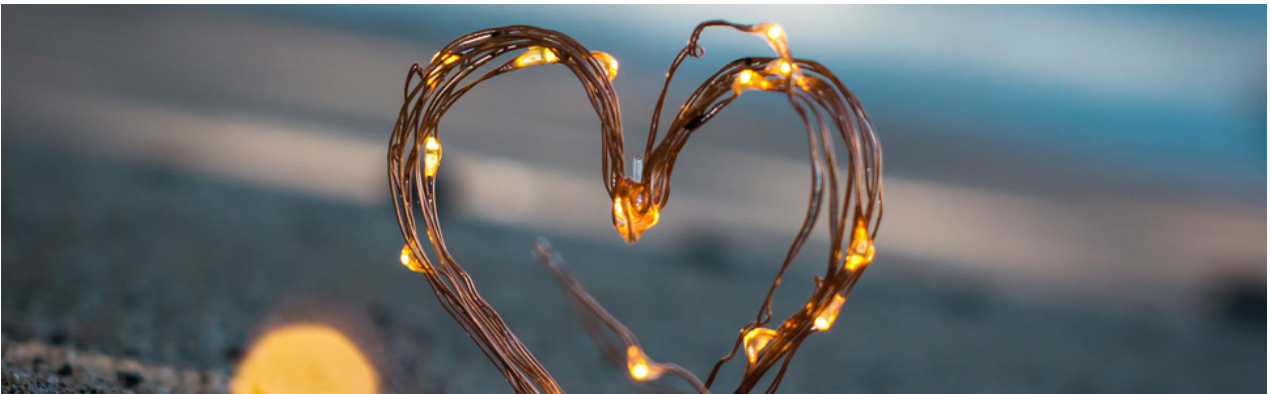
Often we wear something and think that it is because of the item that we feel great. Yet that is not the truth.

It is the aspect of us that the piece of clothing connects with internally that has us feel lit up and fully expressed. We have just not connected with that before.

It's important to be able to connect with this feeling. If not, you will put all the power in the piece of clothing and try to emulate that with a similar piece of clothing, yet have you ever noticed that it doesn't have the same result?

When we know what it connects with inside us, we have created a powerful feedback loop that begins to inform us of our authentic style. And in our authentic style we get to show up fully expressed, empowered and truly beautiful to our core.

This is the power of our Style Essences. They ensure we reclaim our beauty from the inside out. We get to plug ourselves into a power socket of our very own charge - because it is who we came here to express in this life.



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Common Occurrences

It is very common when clients are putting on a piece of their favourite clothing and I ask them:

How do you feel?

They reach a blank.

We are not used to asking ourselves how we feel in a piece of clothing.

If that happens to you, try this question:

What feeling does this piece of clothing ignite in me?

It is common for the dialogue to start with thoughts.

For example:

I like it because it fits me well

It feels nice against my skin

I get compliments

It works well with lots of things

I don't need to think about it

It's easy

It's comfortable

All of these are thoughts and they are rationalising why you have said you love the piece of clothing you now have on.

None of these answers are connected to your heart.

For example:

Let's have a close look at comfortable.

This one gets a lot of people hiding in their clothes.

When people say I feel comfortable, it often means that it puts them in their **comfort zone** when they wear it.

This may be you, and if that is the case, please ask further. **Where else in my life am I stuck in my comfort zone?**

Comfortable is not a Style Essence and is rarely accurate, in my experience, in conveying your true feelings about the clothing.

Check out your body language and see if you are in your full power when you wear the piece and say it feels comfortable.

The Essence of a Word

Just like comfortable, easy is another word that comes up. If this is there for you, it may be that you are in a defaulting pattern with choosing your clothing. Another word is ...

Good. I feel good.

This is a blanket word and doesn't indicate an essence within.

Great. I feel great.

What does that mean ... what aspect of you is ignited and feels great?

I feel professional - this is a thought, not a feeling

I feel powerful - this is an end result - yes it is a feeling, yet we are looking for more descriptive words, which will give you a hint to one of your Style

Essences. For example:

Elegant

Playful

Edgy

Sexy

Wild

Unique

The words are descriptors of what feeling/energy is ignited within you.

Our ego will often take hold of this process. It's really important that you don't give in to adjectives that you think sound good. Or sound like they would be good Style Essences. Or good because they would be attractive to others.

Remember, we are unearthing your true internal feelings and references, not looking to external references, as these further embed conditioning that has had you feel disempowered in your clothes to begin with.



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Reclaiming Your Essence

You are here to reclaim your power and confidence in your wardrobe.

Not to hand the power back to your ego. So it is vital to be clear about what this favourite piece of clothing/outfit truly ignites in you. Otherwise you will create another set of rules that are driven by your ego that moves you further away from your authentic style and true beauty.

What I know ...

Our closets contain the secrets we have been waiting for to discover our own authentic Style. Whether you have ten pieces or hundreds of pieces of clothing, your Style Essences will be in there and it is a matter of finding them. It is never the case that you find it from just one piece of clothing or one outfit. We are looking for themes throughout your wardrobe.

We all have three Style Essences and what you are doing is starting to use one of your pieces to discover what are some common themes for you, that may be alerting you to one of your Style Essences.

I know 100% when we find all three of our Style Essences and put those into an outfit, across every single area of our lives - we reclaim our true confidence in our wardrobe, **dressing becomes fun, easy and an enjoyable creative expression.** We show up in our full power and radiate a **deeply profound confidence** from within.

We are grounded in our power and our presence is palpable. Our wardrobe becomes **a daily embodiment tool** that we use every day to connect us to the truth of who we really are. And when we do that, we **reclaim and embody our true power and authenticity in life.**

Really!



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Notes