

PROJECT  
**FAB!**

NO MORE MAKING DO

Your guide to confidence  
with colour & clothes

LISA NEWPORT



W O R K B O O K



# TASKS CHECKLIST

Use this checklist to make sure you've completed all the tasks.

1. What does your FAB look like?

## Section 1 - Style

2. First Impressions
3. Visual Communication
4. Style Personality Quiz
5. Disharmony
6. Style Recipe

## Section 2 - Shades

7. Colour Wheel
8. Undertone Self-assessment
9. Value Contrast
10. Signature Colours
11. Psychology of Colour
12. Rescuing Colours

## Section 3 - Shape

13. Favourite Outfit
14. Body Type and Shape
15. Scale and Proportion
16. Party and Quiet

## Section 4 - Sustain

17. Capsule Concept
18. Levels of Dressing
19. Wardrobe Characters
20. Wardrobe Weeding

# TASK: What's Your FAB?

**Foundation level task:** Choose three words to make your version of FAB.

**Advanced level task:** Choose three words to make your version of FAB and write a short sentence to describe what each word means to you.

**Best practice level task:** Choose three words to make your version of FAB and write a short sentence to describe what each word means to you. Then journal about the outcome you'd like when you've worked through this Project FAB! book. Think about how you'll know that you achieved your desired outcome. What will have changed that tells you that your investment in this project worked?



What's your FAB?

F

A

B





# TASK: First Impressions

**Foundation level task:** For each pair of glasses below, choose three words to describe the type of person who'd wear them. Think about what they might be like as a person in terms of their personality, e.g. outgoing, extrovert, introvert; maybe you could even think about the kind of job they do. Don't think too hard about it - go with your first impression.

**Advanced level task:** Choose three words to describe the type of person who'd wear each pair of glasses and write a short sentence to explain why you chose those words.

**Best practice level task:** Choose three words to describe the type of person who'd wear the glasses and write a short sentence to explain why you chose those words. Then journal around how you feel about being judged and how "judgy" you are as a person.

# First Impressions



1



2



3



4



5





My first impressions are:

1

2

3

4

5





# TASK: Visual Communication

**Foundation level task:** Think about your profile picture on social media or a recent photograph. Choose three words that you think it conveys.

**Advanced level task:** Think about your profile picture on social media. Choose three words that you think it conveys. What are the specific things about your profile picture that have made you think of these words?

**Best practice level task:** Think about your profile picture on social media. Choose three words that you think it conveys. What are the specific things about your profile picture that have made you think of these words? Look at the profile pictures of other people you are connected to. Journal around what you like and dislike in profile pictures. What are the recurring themes? Are you inspired to make changes based on this exercise?



Stick your photo here





What 3 words are you conveying?

1

2

3



# TASK: Style Personality Quiz

**Foundation level task:** Take the quiz.

**Advanced level task:** Take the quiz. Reflect on why you chose your answers.

**Best practice level task:** Take the quiz. Reflect on why you chose your answers. Journal around your answers and how the description of the archetypes make you feel. Do you feel like you'd want to make changes to your style based on those descriptions?



Tot up your scores

A B C D E F

My primary archetype is:

My secondary archetype is:



# TASK: Disharmony

**Foundation level task:** Now you've done the quiz and have some insight into your style personality, list three examples of outfits/items you knew weren't quite right and now recognise it's because of style personality disharmony.

**Advanced level task:** Now you've done the quiz and have some insight into your style personality, list three examples of outfits/items you knew weren't quite right and now recognise it's because of style personality disharmony. Reflect on why the items were disharmonious.

**Best practice level task:** Now you've done the quiz and have some insight into your style personality, list three examples of outfits/items you knew weren't quite right and now recognise it's because of style personality disharmony. Reflect on why you consider the items to be disharmonious. Journal around your answers and think about how that disharmony makes you feel when it's happening





My disharmonious items/outfits:

1

2

3



## TASK: Style Recipe

**Foundation level task:** Jot down 3-5 words to use for your style recipe. Consider how you might express these words with your appearance.

**Advanced level task:** Jot down 3-5 words to use for your style recipe and a sentence about what each one means to you. Consider how you might express these words with your appearance.

**Best practice level task:** Create a list of words that reflect how you want to be perceived by others - check out synonyms in the thesaurus - and make a note about what each of your words means to you. Whittle down your list to 3-5 words to become your style recipe. Consider how you might express these words with your appearance.



My Style Recipe words are:

1

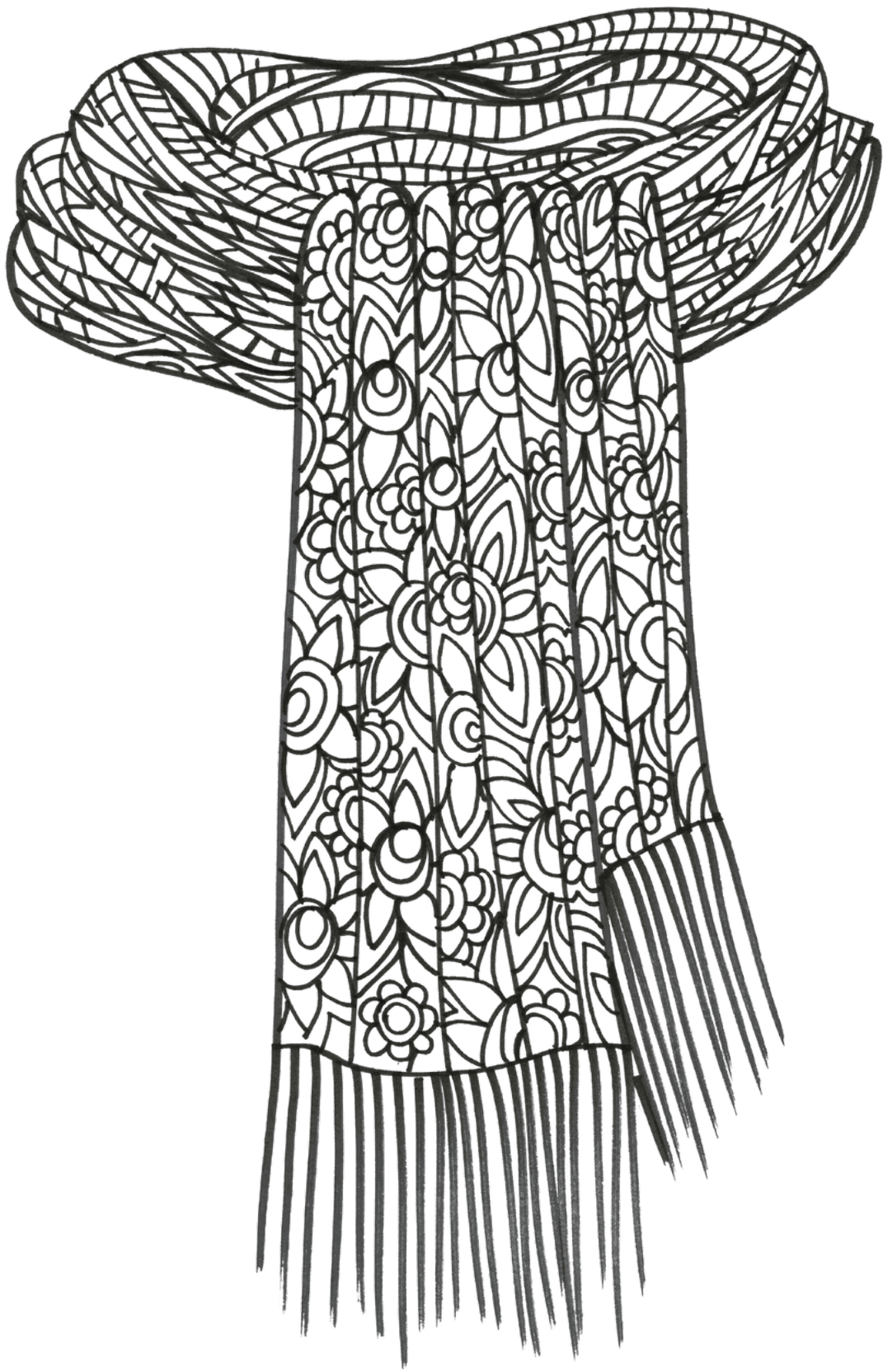
2

3

4

5





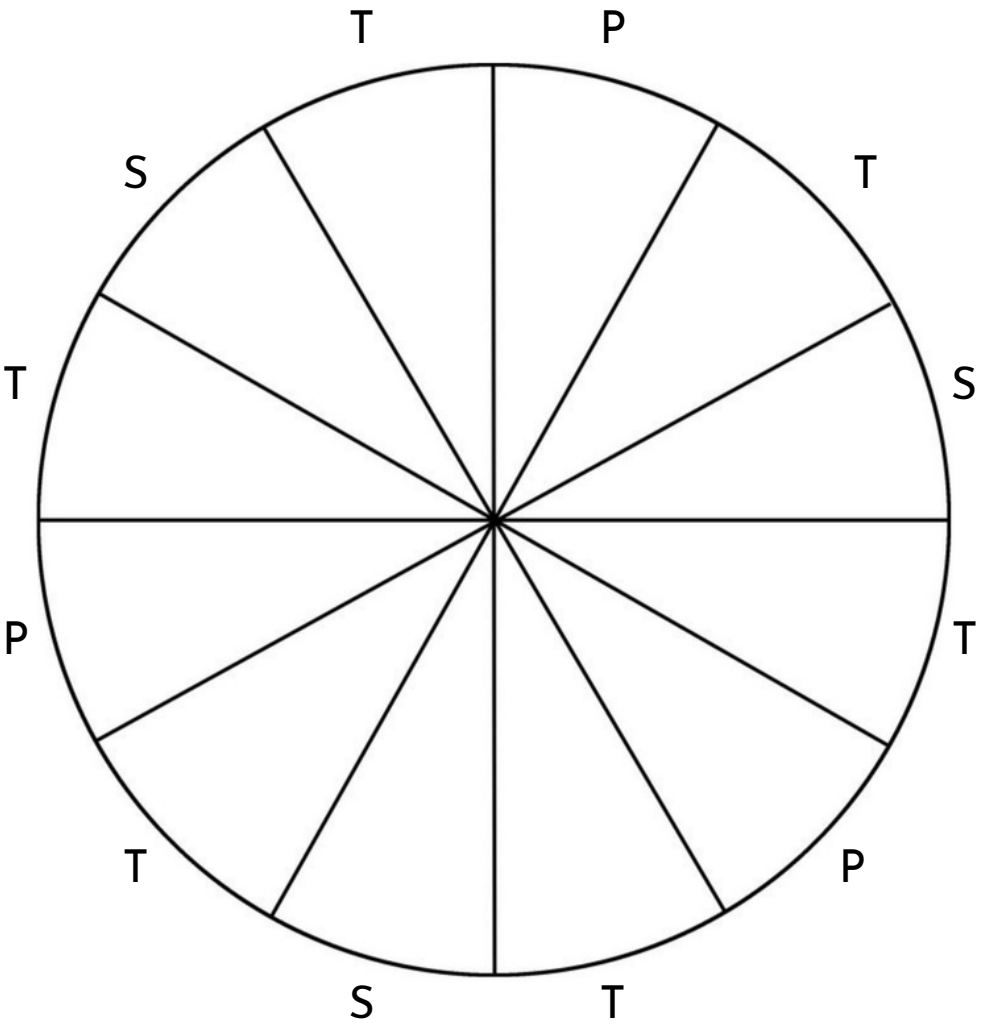
# TASK: Colour Wheel

**Foundation level:** Follow the instructions below and write in the names of the colours. You could also print out or save a picture of a colour wheel from the internet, but the process of colouring and labelling will help you remember and recall the information later.

**Advanced level:** Follow the instructions below and use coloured pencils to colour in the diagram so that the colours look like they almost blend from one to the next.

**Best practice level:** Follow the instructions below using primary red, primary yellow and cyan acrylic paint and colour in each section of the colour wheel. Start with primaries, then secondaries, then tertiaries. Use a plate to mix the colours on. Always start with yellow. Then just add a tiny bit at a time of your other colour until you get the desired hue when mixing the warmer ones. It's a fact that we don't all see colours in the same way. I accept that my eye is finely tuned and I'm an expert. It's not reasonable for you to expect be the same. However, I also know for sure that it will help your understanding and ability to recognise warm and cool versions of colours if you take the time to complete this task.

The colour wheel instructions (there is an instruction video if you prefer watching):



## TASK: Colour Analysis Self-assessment

**Foundation level:** Make a list of the colours that you wear when you get compliments and compare them to the colour wheel. Are they mostly cool or mostly warm?

**Advanced level:** Do a visual check with warm versus cool colours. Natural daylight is best, so try sitting with a mirror in front of you while you face a window and see which colours look best. Being make-up free or just wearing a little make-up works best for your self-assessment. Hold up the following colours under your chin: orange versus pink, green v blue and gold v silver. The colours that suit you best will make it seem like your face is being lit from underneath and your eyes will look brighter when you get the colour right. The opposite will happen with colours that aren't in harmony with your skin tone.

**Best practice level:** Do the "blink test" (see below); check with warm versus cool colours using the list below as your guide. Natural daylight is best, so try sitting with a mirror in front of you while you face a window, and the light is directed onto your face. Use the colours on the checklist below as your guide. You could use clothes you have, scarves, towels, any fabric really - or even pieces of coloured card from the craft shop, scraps of fabric, carrier bags, flannels etc. It doesn't really matter. What you are looking for is harmony with your natural colouring, so being make-up free or wearing just a little make-up works best for your self-assessment.

Here's the checklist of colours for you:

Warm colours versus cool colours

- Gold v silver
- Orange v pink
- Salmon v fuchsia
- Terracotta v burgundy
- Cream v white
- Olive v emerald
- Turquoise v royal blue

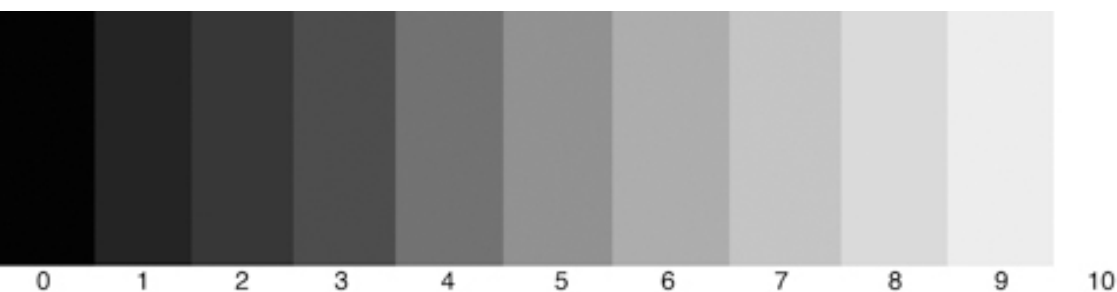
You want to see if you notice you or the colour first by doing the "blink test". This is done by sitting in front of the mirror. Hold the colour under your chin, close your eyes and then open them quickly. What do you notice first - your face or the colour? If it's the colour, then that's not good. You want to wear the colour, not have the colour wearing you. With the ones that suit you best, you'll notice that your face seems as if it's being lit from underneath and your eyes look brighter. The opposite will happen with colours that aren't in harmony with your skin tone. Work your way through the list of colours and make a note whether you suit mostly the warm colours or cool colours.





Create your list of colours here. Are they cool or warm?





## TASK: Value Contrast

**Foundation level:** Where would you put the depth of your hair colour on this scale? If it's 0-4 you are dark for this assessment; if it's 5-10 you are light.

**Advanced level:** Take a selfie and put the grayscale filter on it. Check the depth of your hair colour on the Munsell Scale. If it's 0-4 you are dark for this assessment; if it's 5-10 you are light.

**Best practice level:** Take a selfie and put the grayscale filter on it. Check the depth of your hair, eyes and skin colour on the Munsell Scale and see whether your clothing is at the same or different levels. The most flattering outfits will match the value levels in your hair, eyes and skin.

Watch the video on value contrast to see what I mean

<https://lisaneportstyle.simplero.com/purchase/135215-Project-FAB-The-book>



Circle your season

Spring

Summer

Autumn

Winter



## TASK: Signature Colours

**Foundation level:** Make a note of your signature colours for your hair, eyes and skin.

**Advanced level:** Make a note of your signature colours your hair, eyes and skin. Go to your local DIY store and collect some paint colour charts that match up with them to make a collage to refer to.

**Best practice level:** Make a note of your signature colours for your hair, eyes and skin. Go to your local DIY store and collect some paint colour charts that match up with them to make a collage to refer to. Make a note in your journal of what you already own in your signature colours; make a record of the compliments you receive when you wear them.



My Signature Colours

*Enhancers*

*Intensifiers*

hair

eyes

skin



# TASK: Psychology of Colour

**Foundation level:** Make a list of the colours I mention and jot down a few words that you think of when you see them.

**Advanced level:** Make a list of the colours I mention and jot down a few words that you think of when you see them. Then look at what you are wearing today. What messages are you conveying through your choice of colours?

**Best practice:** Make a list of the colours I mention and jot down a few words that you think of when you see them. Then look at what you are wearing today. What messages are you conveying through your choice of colours? Make a note in your journal about people you see today, e.g. family, colleagues etc. Note the colours they are wearing and what messages you think they are conveying through their choice of colours.



What do you think when you see these colours?

white

red

yellow

orange

violet

brown

black

blue

pink

green

grey



# TASK: Rescuing Colours

**Foundation level:** List the items in your wardrobe that you now realise need rescuing.

**Advanced level:** List the items in your wardrobe that you now realise need rescuing. Go through your list and make notes on what you need to do to rescue them. Is it adding particular accessories that you already own or need to buy, or is there any dyeing/colour changing you could do?

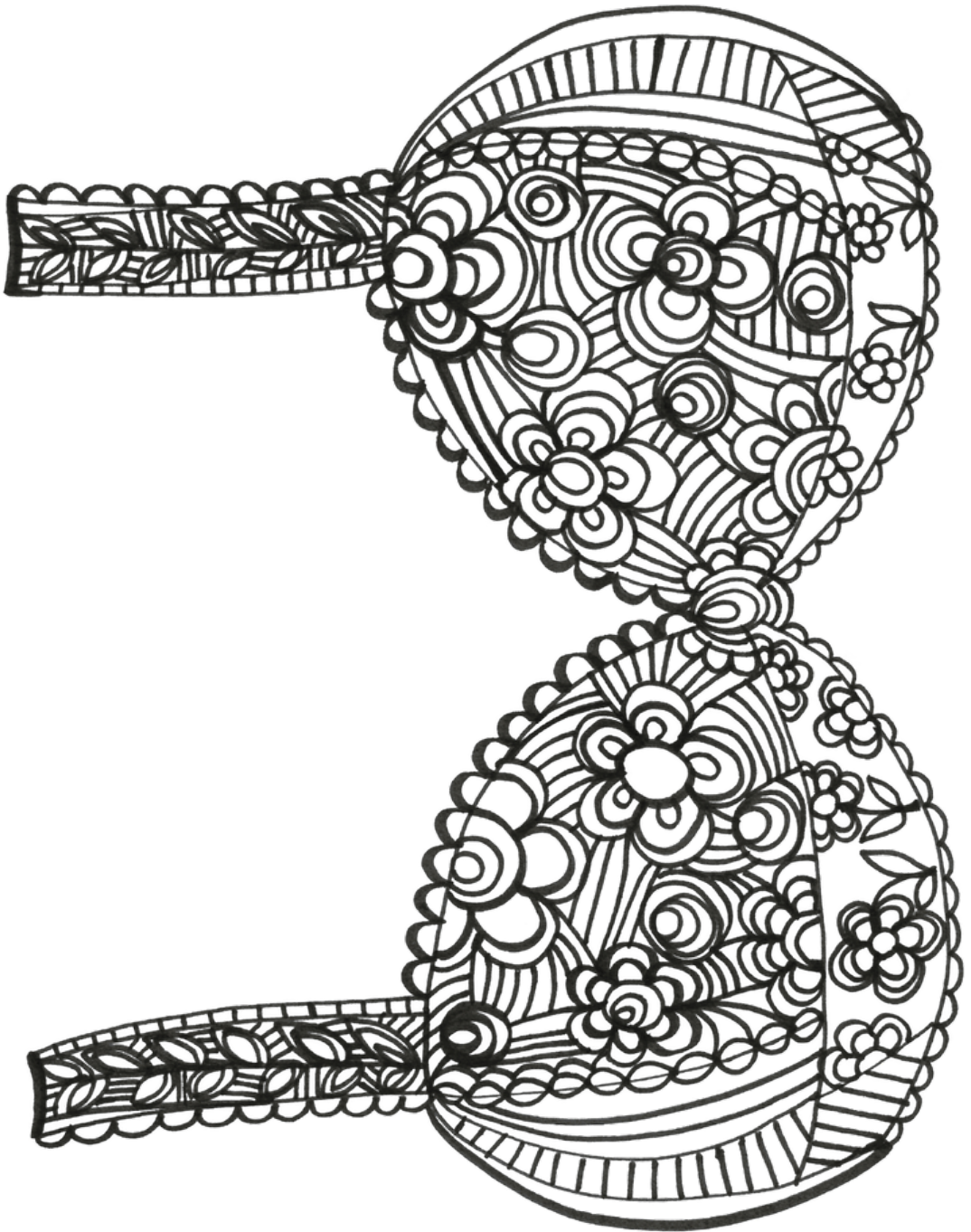
**Best practice level:** List the items in your wardrobe that you now realise need rescuing. Go through your list and make notes on what you need to do to rescue them. Is it adding particular accessories that you already own or need to buy, or is there any dyeing/colour changing you could do? Have a wardrobe weeding session and eject anything that is the wrong colour and not worth rescuing. Then take action, based on your rescue list.





Create your list of items for rescuing:





# TASK: Favourite Outfit

**Foundation level:** Describe your favourite ever outfit that made you feel good when you wore it.

**Advanced level:** Describe your favourite ever outfit that made you feel good when you wore it and think about why you liked it. What particular qualities did it have in terms of shape, structure, style? Make a note of these qualities and reflect on whether you have anything currently that has similar qualities.

**Best practice:** Use your journal to describe your top five favourite ever outfits that made you feel good when you wore them, and think about why you liked them. What particular qualities did they have in terms of shape, structure, style? Make a note of these qualities and reflect on whether you have anything currently that has similar qualities. Are any of these words in your style recipe? Could they be incorporated into it? How could you create an updated version of those outfits for now?



My most favourite ever outfit was...



# TASK: Body Type and Shape

**Foundation level:** Identify your body type as endomorph, ectomorph or mesomorph and body shape as HIOVAX.

**Advanced level:** Identify your body type as endomorph, ectomorph or mesomorph and body shape as HIOVAX. Consider which styles and outfits you currently own that honour and flatter your shape.

**Best practice level:** Identify your body type as endomorph, ectomorph or mesomorph and body shape as HIOVAX. Consider which styles and outfits you currently own that honour and flatter your shape. Have a wardrobe weeding session and discard anything that you know is not flattering and doesn't make you feel good. Journal around the kind of things you would like to try that you haven't worn before. Make a wish list of items you'd like to experiment with for next time you are clothes shopping.



My body type is:



Ectomorph - lean & angular

Mesomorph - athletic & solid

Endomorph - soft & curvy

My body shape is:

H I O V A X





# TASK: Scale and Proportion

**Foundation level:** Look at what you are currently wearing in terms of scale and proportion. Is it right for you?

**Advanced level:** Look at what you are currently wearing in terms of scale and proportion. Is it right for you? Think about other items that are currently in your wardrobe and what might be the wrong scale for you or creating unflattering horizontals.

**Best practice level:** Look at what you are currently wearing in terms of scale and proportion. Is it right for you? Think about other items that are currently in your wardrobe and what might be the wrong scale for you or creating unflattering horizontals. Spend an afternoon trying on things from your wardrobe and take pictures. Assess whether they are right for you and make you feel good in terms of scale and proportion. Journal around your findings.





I'm currently wearing...

The scale and proportion are...



# TASK: Party or Quiet Zone?

**Foundation level:** What do you consider to be your party zones and quiet zones? List them.

**Advanced level:** What do you consider to be your party zones and quiet zones? List them and describe how you can enhance your assets and play down your quiet zones.

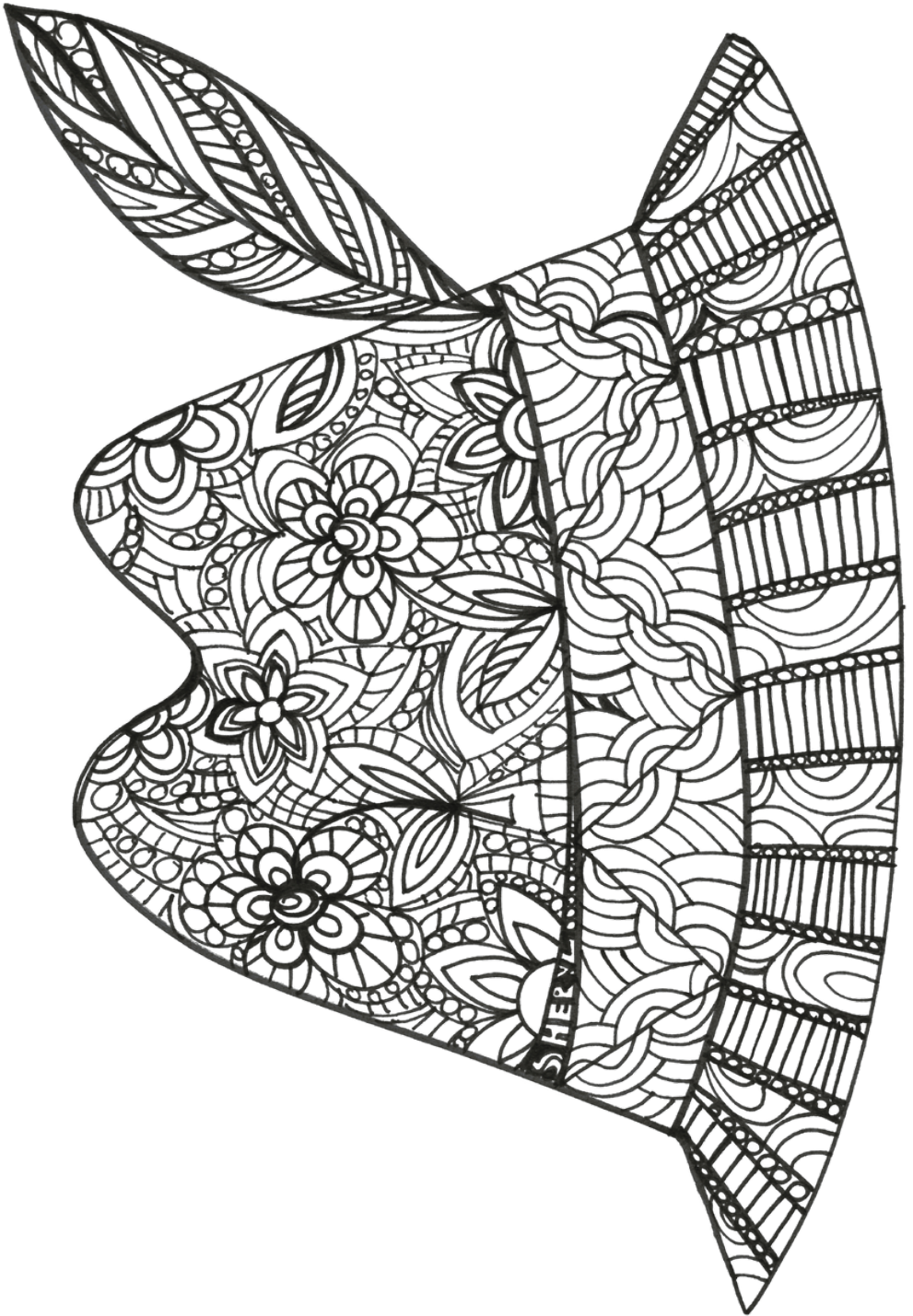
**Best practice level:** What do you consider to be your party zones and quiet zones? List them and describe how you can enhance your assets and play down your quiet zones. Organise your beauty bundles and shop your wardrobe to create areas of focus - party zones and quiet zones.



My party zones are:

My quiet zones are:





# TASK: Capsule Concepts

**Foundation level:** Have a think about how you could fill in the template with clothes from your wardrobe.

**Advanced level:** Choose a colour palette, use the template as a guide and spend some time experimenting.

**Best practice level:** Follow the step-by-step guide on page 169

neutral colours x2	interesting colours x2	level of dressing	time of year
f o p s			
bottoms	bottoms	bottoms	bottoms
accessory	accessory	accessory	accessory
s h o e s			
b a g			
jacket		jacket	

# TASK: Levels of Dressing

**Foundation level:** Make a note of how many levels of dressing you've worn in the past seven days.

**Advanced level:** Make a note of your levels of dressing and what you'd wear in each category, then think about how often you'd wear each level over the space of a month.

**Best practice level:** Make a note of your levels of dressing and what you'd wear for each category. Keep a record in your journal of your level changes over a fortnight and create a pie chart. Then do a wardrobe audit to see if your pie chart actually matches up with the contents of your wardrobe. This insight will help with future planning for clothes shopping.



My levels of dressing over the past 7 days...





# TASK: *Wardrobe Characters*

**Foundation level:** Think about what proportion of your wardrobe is each character.

**Advanced level:** Think about what proportion of your wardrobe is each character, and make a list of actions you could take to redress the balance.

**Best practice level:** Think about what proportion of your wardrobe is each character, and make a list of actions you could take to redress the balance. Reflect and journal around why and how you have ended up with the balance as it is. Are you happy with it? If not, what would you do differently?



In % terms my wardrobe is made up of:

% Heroes

% Supporting Cast

% Workhorses

% Villains



# TASK: Wardrobe Weed

**Foundation level:** Have a bit of a tidy up and put everything away nicely folded, on hangers etc. If it needs washing or dry cleaning, get it sorted. Adopt the “hangers back to front” method.

**Advanced level:** Have a bit of a tidy up and put everything away nicely folded, on hangers etc. If it needs washing or dry cleaning, get it sorted. Get organised and use nice hangers - no wire ones from the dry cleaners. Those suede effect ones are really good for stopping things from slipping around. I prefer those to wooden ones. Adopt the “hangers back to front” method. Colour-code things - all black trousers together, all blue tops, etc., so you can see what you have and where there might be duplicates.

**Best practice level:** This is full-on wardrobe weeding and it's not for the faint-hearted! You need to crack a few eggs to make an omelette, right? You literally need to get everything out of the wardrobe, drawers, under the bed, from the spare room - EVERYTHING needs to be touched if you're going all in.

When you do this, it will feel SO GOOD afterwards, I promise. Make sure you have a treat lined up for when you're done.



I'm committing to...

foundation  
level

advanced  
level

best practice  
level

Wardrobe

✓ Weed



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