

the spirit term exercise

The Spirit Term Exercise integrates how you look with how you feel about yourself, connecting in a verbal and specific way to your essential qualities. You will discover the key words that describe your essence as it relates to clothing. They will be a combination of your inner and outer qualities and will capture the essence of who you are, your spirit. At the conclusion, you will discover the key words that describe your essence as it relates to clothing. If you have read *Clothe Your Spirit* or have attended any

of my seminars, you may have done this exercise before. If so, do you remember your terms? How have they changed?

Instructions: This is a lengthy exercise, but the results are illuminating. You don't have to tackle the exercise all in one sitting. Do a section of it at a time and give yourself the opportunity to mull it over. Similar terms will naturally group together. It is also amazing to see how opposites coexist. That's what makes you unique!

PART ONE

ADJECTIVES DESCRIBING PHYSICAL ATTRIBUTES

Circle any physical characteristics that describe you. Feel free to make up your own.

Overall Body Structure and Curves

CURVY	SENSUOUS	LONG	DELICATE	TIDY	ANGULAR
STRAIGHT	SINEWY	DAINTY	ATHLETIC	VOLUPTUOUS	COMPACT
PETITE	RIPE	SUMPTUOUS	LANKY	STURDY	SOFT
LUSCIOUS	LUSH	INVITING	ROUNDED	FULL	ELONGATED
MUSCULAR	TALL	STRONG	STREAMLINED	SLENDER	NARROW
POWERFUL	SMALL	ABUNDANT	FLAT	FIRM	LITHE
FLESHY	PERT	DEFINED	SLEEK	STRONG	LEGGY

Walk

QUICK	GRACEFUL	LANGUOROUS	LEISURELY	BOUNCY	BRISK
BOYISH	DIRECT	SEXY	PEPPY	SWINGING	DYNAMIC
ENERGETIC	GLIDING	SENSUOUS	UNDULATING		

Face Shape

SOFT	OPEN	SLENDER	ROUNDED	BROAD	FULL
ANGULAR	HEART-SHAPED	CURVED	DELICATE	LONG	NARROW
RECTANGULAR					

Mouth/Smile

SEXY	CHARMING	IMPISH	DAZZLING	MOBILE	PERT
SLOW	BRILLIANT	ANIMATED	WINNING	BRIGHT	FUNNY
SPARKLING	DETERMINED	LUSCIOUS	SLY	GLOWING	FULL
PRIVATE	FRIENDLY	WIDE	REASSURING	EASY	SENSUOUS

Eyes

TWINKLING	GENTLE	SHARP	WISHFUL	ANIMATED	SPARKLING
KIND	BRIGHT	EAGER	CLEAR	INTENSE	DEEP
MYSTERIOUS	OPEN	SOULFUL	SOFT	SULTRY	EXPRESSIVE
HUMOROUS	MUTED	MOLTEN	VELVETY	WARM	

Nose

STRONG	PERKY	CLASSIC	ELEGANT	DRAMATIC	AQUILINE
PERT	DISTINCTIVE	UNUSUAL	ETHNIC	GRAND	CURVED

Hands/Feet

LONG	DELICATE	ELEGANT	STRONG	GRACEFUL	STURDY
POWERFUL	EXPRESSIVE	ARTISTIC	SLENDER		

Coloring

DARK	INTENSE	DRAMATIC	PEACHY	LUMINOUS	STRONG
GENTLE	WARM	ROSY	RICH	DELICATE	MUTED
COOL	VIBRANT	BURNISHED	FRESH	SOFT	SUBTLE
STRIKING	HEALTHY	QUIET	DEEP	GLOWING	CLEAR
BRIGHT	EARTHY				

PART TWO

ADJECTIVES DESCRIBING INNER CHARACTERISTICS

Circle choices from list or think up your own.

FEMININE	LIGHT	EARTHY	CREATIVE	REGAL	FRIENDLY
WOMANLY	BRIGHT	TRUE	DYNAMIC	PRINCESS-LIKE	QUEENLY
RELAXED	GRACIOUS	CLEAR	HONEST	BUOYANT	SENSUOUS
FREE-SPIRITED	SERENE	SIMPLE	COMPLEX	WHIMSICAL	RIPE
DRAMATIC	GENTLE	CHEERFUL	THOUGHTFUL	TRADITIONAL	SENSITIVE
LYRICAL	SPICY	DELICATE	OPEN	CONSERVATIVE	WISE
FLUID	LIVELY	CLASSIC	INNOCENT	SINCERE	STRAIGHT
SPIRITED	CASUAL	ROMANTIC	WHOLESOME	GYPSY	PRECISE

PLAYFUL	FRISKY	FUN	EAGER	GODDESS-LIKE	ROOTED
IMPISH	INTENSE	FUNNY	HUMOROUS	SECRETIVE	SURPRISING
ANIMATED	MOVABLE	GROUNDING	ZANY	SOPHISTICATED	GRACEFUL
CHILD-LIKE	MISCHIEVOUS	MOVING	FORMAL	FROLICSOME	BUBBLY
LIGHT	EXUBERANT	ENERGETIC	INFORMAL	VIVACIOUS	WARM
YOUTHFUL	CHARMING	STRONG	ELEGANT	LIGHT-HEARTED	SNAPPY
FRESH	NATURAL	VIBRANT	REFINED	FREE-FLOWING	STREAMLINED
KIND	STRAIGHTFORWARD				

PART THREE

RELATING INNER AND OUTER QUALITIES

Look over the two lists and see if you can find any parallels between your physical attributes and inner qualities. Who we are on the inside and the way we look on the outside is intimately related. Examples of words that describe both inner and outer qualities include: *dramatic, vibrant, soft, warm, gentle, deep, cool, glowing and bright*. List any terms you especially like:

PART FOUR

SPIRIT TERMS

Step One

Look over the fashion terms below and see how they correspond to the words chosen from the first two lists. Which ones really feel like you?

Step Two

Thinking of the clothes you currently own, what makes an outfit a favorite? Are they *soft, easy, flowing, classic* or *dramatic*? How about *playful, spunky, elegant, relaxed, unusual*?

Step Three

Think of your terms in combination with each other. *Romantic* takes on a different meaning when used with *sensuous gypsy* or *classic innocence*. The individual combination is what describes your

uniqueness. Think of your terms as related, relative terms. Together they create a unified whole. Look for the balance of opposites: *Yin/Yang*. Some adjectives describe more outgoing aspects of your nature, others look inward and are more thoughtful. Be sure to include a term for your essential femininity like *sensuous, scrumptious, womanly, gamine*.

Step Four

Choose your favorite terms. Four or five is about the right number. These special adjectives are your "home base." You can always play with other words that attract you or describe a current look in fashion.

Circle choices from list or think up your own.

SOPHISTICATED	ATHLETIC	CRISP	DRAMATIC	ETHNIC	STRUCTURED
SIMPLE	CASUAL	STRIKING	PROPER	UNSTRUCTURED	FREE-FLOWING
FRESH	RELAXED	FORMAL	PRIM	EXOTIC	EARTHY
CHARMING	INFORMAL	WILD	ELEGANT	FLUID	CLASSIC
CLEAN	FEMININE	CRAZY	INTERESTING	REFINED	TRADITIONAL
STREAMLINED	SEXY	FUN	RICH	GODDESS-LIKE	STURDY

DELICATE	SENSUOUS	TAILORED	SOFT	FORWARD	RUGGED
ROMANTIC	GRACEFUL	CONSERVATIVE	BOLD	EDGY	DISTINCTIVE
LUMINOUS	LOVELY	PLAYFUL	SUBTLE	ARTY	EASY
DARING	SLEEK	NATURAL	SPICY	ANDROGYNOUS	UNIQUE
HUMOROUS	NONCHALANT	INVENTIVE	SPORTY	FUNKY	TRENDY
ORIGINAL	UNUSUAL	GLAMOROUS	EDGY	IRREVERENT	FLIRTY
FEMININE	GAMINE	STRAIGHTFORWARD			

Choose four or five of your favorite terms and list them below:

Play with these different words and images until you end up with a perfect fit. Keep them in mind when you are shopping. Ask yourself if a garment suits your

unique combination of individual qualities. Your spirit will evolve over time, so update your "Spirit Terms" whenever you feel inspired to do so.