



PETITE STYLE PLAN

GUIDE ON HOW TO CREATE YOUR
OWN PERSONAL STYLE PLAN

WWW.PETITEPEDS.COM.AU

HOW TO USE THIS GUIDE

We would all love to have our own stylist but failing that, here is a quick STYLE PLAN you can use to create the look you love.

STEP 1 - ABOUT ME: Fill in this section to get an overall look at yourself, your body shape, your likes and dislikes etc

STEP 2 - HOW TO SHOP: Here are some unique DO'S AND DON'TS to assist the petite lady with their shopping choices.

STEP 3 - SHOPPING LIST: The About Me section will give you an idea of what you need to buy to complement what you ALREADY HAVE in your wardrobe. The second list will assist you with a vision of what you need to create your FUTURE STYLE, one outfit at a time.

STEP 4 - TIPS FOR SHORT LADIES - Some practical dress tips to make you look taller.

STEP 5 - SHOE RULES FOR LADIES WITH SMALL FEET: With a clear picture of your body dimensions, a handy list of Do's and Don'ts and Tips, a clear shopping list of what exactly you need to buy, this last section will give you the most important information specifically for the LADY WITH PETITE FEET.



ABOUT ME

FILL IN THIS SECTION TO GET AN OVERALL LOOK AT YOURSELF

NAME

DATE

MAIN OCCUPATION

BODY SHAPE

THINGS I LIKE ABOUT MYSELF

PROBLEM AREAS

PERSONAL STYLE GOALS

NAME OF CELEBRITY
WHOSE STYLE I LIKE

CURRENT WARDROBE
BASICS



SHOPPING LIST

USE THIS SECTION TO PLAN OUT WHAT TO BUY TO MATCH YOUR **CURRENT** WARDROBE

UNDERWEAR/ SHAPE WEAR

SHIRTS

DRESSES

PANTS

SKIRTS

LINGERIE/ NIGHT WEAR

EVENING WEAR

SHOES

MAKEUP



SHOPPING LIST

USE THIS SECTION TO PLAN OUT WHAT TO BUY TO MATCH YOUR **FUTURE** WARDROBE

UNDERWEAR/ SHAPE WEAR

SHIRTS

DRESSES

PANTS

SKIRTS

LINGERIE/ NIGHT WEAR

EVENING WEAR

SHOES

MAKEUP



HOW TO SHOP - DO'S & DON'TS

DO'S

DO At the beginning of each season go through your wardrobe and make a list of what you need & keep it in your handbag. Use the above SHOPPING LIST to keep you focused.

DO set yourself a budget & stick to it.

DO shop with an objective friend who will tell you the truth about what suits you.

DO take a coffee break, its amazing how tiring shopping can be and how tiredness can contribute to bad choices!

"DO wear some make up when going shopping. It's amazing the difference it makes when doing a fitting.. Oh and take some HEELS ofcourse"

DO go shopping when you know you have plenty of time to do it. Flying into the nearest store in a panic because you need something now is a sure fire way of ensuring you'll regret your choice later, not good for you and definitely not good for the retailer.

DO wear clothing that is easy to take off and on, and wear appropriate underwear for what you're shopping for. Choose a nude bra (strapless if required) and panties or shape-wear to ensure the most flattering fit. Oh! and take some heels ofcourse!

DO wear some make up. It's amazing the difference it makes when doing a fitting.



HOW TO SHOP - DO'S & DON'TS

DONT'S

DON'T go browsing in the shops every time you have a few spare moments (after a coffee, in between meetings) You will end up making impulsive purchases and spend more money than you can afford.

DON'T overspend recklessly. If you are drawn to something that is beyond your budget. walk away and think about it overnight, then you won't beat yourself up when you do finally make the purchase.

"DON'T go shopping after a big meal, you will likely feel bloated leaving you feeling negative about your body"

DON'T go shopping after eating a big meal or when you are really hungry. You'll likely feel bloated and things might not fit as well leaving you feeling negatively about your body. Or you'll make 'HANGRY' irrational choices!

DON'T go trying on special occasion outfits or jeans wearing your polka-dot lacy bra and oldest, daggiest undies! Nothing will ever fit well and you will never be satisfied and this will greatly affect your self esteem.



TIPS ON HOW TO DRESS FOR LADIES WITH SHORT LEGS

Wear wider leg trousers and jeans (like a bootcut) to the floor regardless of heel height

Make sure cropped pants sit just above the ankle and not at your calf

Straight-legged trousers that fall to the bottom of the heel will give the illusion of height

Vertical stripes on trousers and skirts

Choose small prints and patterns in your outfits

Top and bottom in the same or similar colour will draw the eye up and down

Wear longer-length jackets undone.

Trousers or skirts with high waistbands make legs look longer.

Fitted/tailored clothes work best for you

Skirts and dresses to the knee (any longer must be worn with a heel)

Keeping the colour consistent, i.e. pants & shoes, will make legs look longer



VERTICAL STRIPS GIVE THE APPEARANCE OF HEIGHT

WHY YOU SHOULD FOLLOW THE ABOVE TIPS

3/4 pants are an absolute no-no! - Cropped, wide legged pants only widen and shorten your legs

Big, bold prints can overwhelm your frame

Skirts below the knee (unless worn with a considerable heel) will make your legs look shorter

Low rise jeans accentuate short legs

Shoes that cut off the leg i.e. ankle straps, lace ups
Chunky/heavy shoes will make your legs look shorter

Watch out for jackets with no shape and are too big for you. They will only envelop you and make you look shorter

Tops and jackets that end under the bum (unless worn with a considerable heel) will make you look shorter

Skirts with dropped waistlines will make short legs look shorter



BIG, BOLD PRINTS CAN OVERWHELM YOUR FRAME

SHOE RULES FOR LADIES WITH PETITE FEET

FOLLOW THESE AND YOU WILL BE ON YOUR WAY TO CREATING A PERSONAL STYLE YOU WILL LOVE.





W H A T T O D O N E X T

We hope you have got much value out of this handy PETITE STYLE PLAN. This plan is more about complementing what you already currently have in your wardrobe.

However, if you are wanting a full overhaul of your wardrobe and look, it would be best to make an appointment with a qualified Stylist.

Petitepeds can help you out here as we partner with qualified stylists based all over Australia that specialise in styling petite ladies. Ask us how by emailing us at sales@petitepeds.com.au

This Guide is just the initial step and works best when read in conjunction with our E-Book. If you want to learn how to work out your Body Shape, choose a colour palette to suit your skin tone and other useful advice, please purchase our E-BOOK titled [PETITE FASHION - THE LONG AND SHORT OF IT](#)" which has 76 pages jam packed full of practical as well as styling advice exclusively for petite ladies. You can find it on our website.



[WWW.FACEBOOK.COM/PETITEPEDS](https://www.facebook.com/petitepeds)



[#PETITEPEDS](https://www.instagram.com/petitepeds)

[WWW.PETITEPEDS.COM.AU](http://www.petitepeds.com.au)

