

Discovering Life Skills

Chapter 15: Your Fashion Statement

Chapter Summary

Clothing can help you effectively present who you are and what is important to you. The occasion or activity that you are dressing for helps to determine your clothing choices. The first step in deciding what kind of clothes you need is to think about what kind of clothes you wear. Evaluate your personal style, and the clothes you like best.

Colors, texture, and lines all contribute to your appearance. Your clothing tells a lot about your personality. Colors can affect your mood, energy level, and appetite. Colors can be either warm or cool. When you try different color combinations, you will discover that some colors look better on you than other colors. The way a garment looks on you is also affected by its lines and texture.