



# 7 BODY-SHAPE-RELATED *Style Mistakes*

Make the most of your natural figure and regain control of your style and life.



# Welcome!

Just a few years ago, my style was all over the place.

I had a wardrobe bursting at the seams but 'nothing to wear', so I would buy a new item every time I was going out and would only ever end up wearing it once.

The problem was that I would buy things that looked nice on the hanger, mannequin or model, but when I put them on they didn't always look right on me, and it always frustrated me that I could never quite understand why or how to correct it...

Until I learnt about body shape!

As soon as I understood my body shape and the impact that different cuts, styles and fabrics could have on how my body appeared, I realised that most of the 'problems' had nothing to do with my body but everything to do with how the clothes made my body look.

The truth is, we all make mistakes when dressing our body shape because we've never been taught how (or why) to even consider it.

Yet it's a key component to feeling confident in our clothes!

But what does 'dressing for your body shape' even mean?

Well, your body shape is essentially the shape of your body, and is determined by genetics, bone structure and how muscle and fat are distributed - contrary to popular belief, it has nothing whatsoever to do with weight or size.



And in the same way we need to know our skin tone and complexion in order to match the correct foundation to our skin, we need to know our body shape to match the correct clothes and fabrics to our figure.

Whether it's accentuating a part of our body, camouflaging a particular area or creating a balance between our upper and lower body, knowing and dressing for our shape makes our self-confidence soar!

And that's not to say we need or want to change our body in any way because, Honey, we're already perfect as we are, but knowing how to use clothes for our shape gives us the power to take control of the personal insecurities that we all have.

This e-book is here to help you tackle the most common mistakes you're making and encourage you to start thinking more about your everyday fashion choices so that you can embrace and fall back in love with your natural body.

The ultimate aim is to get people to stop talking about or even noticing your body and instead become distracted by your natural beauty and style. And if as a result, you're feeling more confident, wearing more of your wardrobe and getting excited about looking in the mirror...I certainly won't complain!

So without further ado, let's get stuck in...



# Mistake #1

## Not Knowing Your Body Shape

This is a mistake that almost all of us make because, as I mentioned earlier, we've never been taught how or why to even consider our body shape when dressing.

We've probably heard myths, legends and non-inclusive 'style rules' but never the technicality and truth behind it all.

If we don't know how to style our own body shape, we often end up:

- Copying outfits from women with different shapes to us.
- Feeling like we don't look right in the majority of clothes in our wardrobe.
- Buying new things to solve the 'nothing to wear' problem.
- Not buying anything at all from fear of getting it wrong.
- Wasting loads of time and energy feeling anxious when choosing an outfit or shopping.
- Unintentionally comparing ourselves to women who don't look like us.

All of these things make us feel rubbish and usually end up with us blaming our own body, losing time or wasting money.

But knowing your shape and understanding the basics of what enhances it helps to eliminate these problems and lays the foundation for self-confidence, which is why it's so important.

The aim when dressing your shape is ultimately to create a balanced figure, although some people prefer an unbalanced look, but either way knowing your shape and what illusion clothes can create gives you the knowledge and power to do that.

Once you know your shape, you are empowered to choose the right shapewear, outfits and accessories to maximise your best assets and camouflage areas that you feel a little less confident with.

There are loads of free online tools that can help you to figure out your body shape but to get a full understanding of what that means for your wardrobe and clothes choices, the best person to go to is a Personal Stylist.

Once you've chosen a Stylist that you feel comfortable with, make sure that you opt for a service like my [Style Sessions](#) where you are given extensive teaching of how to style your clothes and accessories for your shape and your personal preferences.

# Mistake #2

## Fear of the Tuck

In almost every Consultation I have ever done, nearly every client has expressed their fear of tucking things in.

And 99% of the time it's because they're afraid that it's going to expose their bum or tum.

They're right. It will.

But what it will also do is bring attention to their waistline and balance their proportions, both of which will draw the eye immediately away from the bum/tum and onto the actual person as a whole.

We all have parts of our body that we're conscious of showing and that we want to disguise but in doing so we often end up hiding our beautiful feminine curves as well.

For example, if you want to cover your tum, you're likely to wear a baggy top which successfully hides the tum but also hides your shoulders, arms, bust and waist which you actually really like.

The main purpose of tucking is to draw a line across your torso at your narrowest part, and the narrowest part of a female figure is generally the waist, but for some of us it might be directly under the bust.

To find your narrowest part, grab a tape measure, wrap it around your torso and move it up and down until you find the part with the smallest measurement.

If your narrowest part ends up being your waist, trying breaking your outfit here by having your trousers/skirt come up to that point (high-waisted styles) and tuck your top in.

If your narrowest part is directly under your bust, instead of tucking your top in, leave it out and, if the style of the top allows, apply a belt under your bust to cinch yourself in here, as this will be more flattering on your figure.

The logo for 'HotHint' is written in a white, cursive, handwritten-style font on a black circular background.

If a full-tuck still seems a little daunting or you want other options for different looks, try out these [less-revealing types of tuck here](#).



Above are two images of me with and without tucking which you can compare. As I am an hourglass, my narrowest part is my waist, so I have tucked my top into my high-waisted jeans.

On the left, where my top is left untucked, you can see that my outfit looks frumpy, my shape is hidden and my hips look wider.

On the right, where my top is now tucked, you can see that my outfit is more refined, my shape is visible, my waistline is defined, I look leaner and the proportions of my body look balanced. The belt adds even more interest and polish to the outfit.

# Mistake #3

## Refusing Shapewear

Did you shudder when you saw the word 'shapewear'?

Don't worry, you're not alone!

I'll be the first to admit that shapewear hasn't always been a priority in my wardrobe, and I'm still getting used to it now that I've seen it's power! But I promise it's worth it.

Shapewear has always had a bit of a bad reputation due to all of the misconceptions surrounding it (I'm blaming Bridget!).

We tend to associate it with being uncomfortable, not something for daily wear or something just for curvier women.

But let me tell you, none of these are true.

Shapewear has been worn for generations by women of all shapes and sizes, and over the years technology has come a long way in making shapewear much more comfortable to wear on a daily basis.

Which is great because wearing shapewear stops our clothes from collecting and gathering in creases and folds on our body, it stops us from feeling exposed through certain fabrics and it improves our posture in the process!

I always liken shapewear to skin prep, primer and foundation - we use these things for a good base so that the rest of our make up sits well, and shapewear does the same for our clothes.

It creates a smooth foundation which helps us to look well-dressed and more refined.

It can be quite overwhelming knowing what type of shapewear to buy and if you get the wrong thing it's a super easy part of the wardrobe to give up on, so start by working out exactly which area of your body you want to target first using the following steps:

- Stand in front of a mirror in regular knickers and a seamless bra and view yourself from the front, back and sides.

The logo for 'HotHint' is written in a white, cursive script font on a black circular background.

The recommended time to wait between bra fittings is 6 months.

- Zoom in on all the areas you've found challenging to dress recently and look for things you may not have noticed before.
- Then make a list of the areas you want to control or enhance and number them in order of priority.
- Start building your shapewear kit with the first thing on your priority list.

Also, remember, shapewear isn't supposed to be uncomfortable, and to ensure that it isn't, it's important to get the correct size. Too small and the item will hurt and create bulges which defeats the purpose, but if it's too big, it won't have the desired effect.

If you feel overwhelmed by shapewear, I provide more personalised advice on what the pieces you would benefit from during [Style Sessions](#).





# Mistake #4

## Settling for Ill-Fitting Clothing

How many times have you skipped past an item in your wardrobe because it doesn't fit properly?

#GuiltyAsCharged!

You might have kept it because it was a gift, an expensive purchase, you might be hoping to fit back into it one day, it might be something that hides a particular area of your body or you might be keeping it to avoid buying a different size.

Whatever the reason for it being there, I can almost guarantee it's not flattering your body shape (unless you're styling it in a way that does).

If the item is too snug, it will make your body appear bigger than it is.

And if it's too big, the extra fabric will completely hide your shape.

But if the item fits you well, it will show your shape in its best light and as a result it will make you feel better about yourself. You'll be more likely to wear the item, you'll appear more refined and polished and you're going to feel more confident in your own skin.

The first place to start when correcting this mistake is your current wardrobe. Remove any item that doesn't fit your current body. If it's unlikely to fit you again within the next 6 months – and you need to be super honest with yourself here – then donate it to charity or sell it. If it could fit again, store it away and revisit it in 6 months to see how you feel about it.

When editing your wardrobe it can feel difficult to let go of things but try to keep your eyes on the prize, keep reminding yourself of how amazing it's going to feel to open a wardrobe where every single item fits and flatters you.

Alternatively, make the whole process easier by getting an objective person with an expert eye to help make those decisions. Check out my Wardrobe Edit sessions [here](#) for just that.



# Mistake #5

## Not Utilising The Neckline

You wouldn't necessarily think it, but the neckline on your tops can have a profound effect on how your outfit looks on you.

Your neckline determines whether your bust looks fuller or smaller which in turn can effect the way your body shape appears - making you look either top-heavy, bottom-heavy or balanced.

Knowing this information gives us the power to control how our bust and body appears in different environments making us feel more comfortable and confident in our clothes.

The Golden Rule is:

- If you want to make the top half of your body appear fuller, opt for high or wide necklines.
- If you want to make your top half appear smaller, go for open necklines like a scoop or v-neck.

Step 2 in the video below shows the Golden Rule at work.



*HotHint*

If you're uncomfortable with low necklines, wear a nude-coloured vest or cami underneath to hide any cleavage.

# Mistake #6

## Setting and Forgetting

Often women will see a Stylist once and then apply that same advice forever, not realising that our body shape, size and physical insecurities are always evolving, which means the way we will want to dress them will change too.

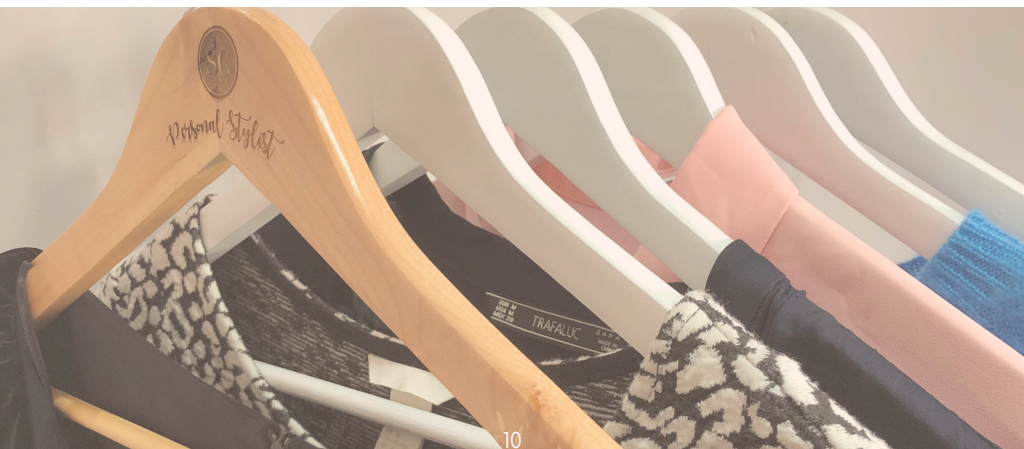
Body shapes change over time due to puberty, pregnancy, menopause or surgery and body sizes change over time due to weight gain, weight loss, medication, lifestyle changes and age.

And as a result our clothes may not always look or feel the way they did when we first bought them.

This is why it's so important to stop and review your shape and size whenever your clothes or outfits start to look or feel different.

Once you've recognised that your body has changed in some way, I would recommend getting your body shape reassessed so that you can review what you feel comfortable and confident in and then act on your wardrobe. If your body shape appears the same but your insecurities about your body change, contact your stylist for some advice on how to alter the way you style them.

Finally, if you're somebody who is on a weight loss/gain journey, consider investing in just the essential pieces (jeans, tshirt, a dress) for the transition process so that you still have something to wear and feel great in. If you're somebody whose weight fluctuates, consider having the essential pieces in two different sizes, so that no matter what size you are in that current moment, you have something comfortable to wear.



# Mistake #7

## Negative Self-Talk

This is by far the biggest mistake of all, the most damaging too.

It's also one of the most difficult to avoid.

At any given time, someone, somewhere decides which body shape, skin type, hair texture is 'in fashion' and we are encouraged to compare ourselves to it.

As a result, self-acceptance becomes far more difficult.

You might find yourself abusing your body through diet, beauty regimes or uncomfortable clothing to fit the often unrealistic standard. You might talk down to it, wish it was different, you may have altered it or got frustrated with it for not fitting into something.

And this struggle to accept ourselves can end up impacting the way we live, eat, act, judge others, and most scarily our self-worth.

Think of some of the things you've said about your own body to yourself.

Now imagine saying the exact same things to a friend.

I bet the thought alone shocked you.

The genuine truth is that the only person who needs to see, know and believe your beauty is yourself. If you believe that you are beautiful just the way you are, others will believe it too.

To help with negative self-talk I recommend sitting with your beliefs about beauty, and questioning where each judgment comes from – remember we aren't born with them, they are taught to us. Reviewing these beliefs will help us to reprogram our minds and stop judging ourselves and others.

Some questions to ask yourself:

- Why do I believe this?
- Where did I first hear/see/become aware of this judgment?
- Did somebody judge me in this way? If so, how did it make me feel?
- Would I judge someone for it? If so, why?
- Do I actually believe it?
- What do I believe instead?

Finally, a quick reminder from me that despite the harsh words, alterations and judgment, our body has been there for us, it hasn't stopped breathing, it's picked us up, healed us, accepted us and carried us no matter the number on the scale or the size of our tum.

Make peace with your body and give it the love and respect it deserves, the best place to start this mindset change is with these [Body, Style & Self Confidence Cards](#).



# Last Thing Before You Go...

Remember that everyone struggles with dressing their shape at some point in their life. If you feel like you've been making one or all of these mistakes, you're not alone and it's not because there is anything wrong with you or your body.

You simply needed to be made aware of what to avoid and what to do.

Now, you can take the actions I've recommended in this e-book, test them out and start to recognise how truly beautiful your natural figure is.

And if you want more personalised advice or support, book a **free videocall** with me where you'll finally be given the space and time to discuss the areas of styling that you struggle with as well as a clear roadmap of the exact steps to take to regain control of your style and life.

It's a life-changing discussion where we focus on building up your knowledge and confidence, busting any myths, overcoming insecurities and allowing yourself to turn up as the woman you want to be.

And you'll do it all with the support of a qualified expert and personal cheerleader (Me!).

Visit [www.sabrinacheema.co.uk/free-call](http://www.sabrinacheema.co.uk/free-call) to learn all about it.

Now grab your measuring tape and go find that waist of yours!

All my love and thanks,

*Sabrina x*

