

2022

The 'Mini Style Report'

DISCOVERING

your
inner

Style



**8 Steps
to G.U.R.U.**

*an insider's guide to designing
a personal image that reflects
the real you, inside and out!*

by
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THE MINI STYLE REPORT from Jan Addams Design

The Four Colour Harmonic Groups: Use these to help you decide which one has your **POWER COLOURS**. Choose **ONLY ONE** of the following **COOL: STRONG** or **SUBTLE** or **WARM: DEEP** or **BRIGHT** for the Colour Range you like and would feel **most comfortable** wearing.



STRONG Yin / SUBTLE Yin

DEEP Yang / BRIGHT Yang

The COLOUR HARMONIC Group you would WEAR is: _____

*NOTE: Your Colour choices are **not numbered** from #1 to 4. You can be **any Colouring** - it does not affect your Style!

*For the following **QUESTIONS**, choose **only 'ONE'** number per question with value of **#4-1**. **#4** represents the statement that is **MOST** like YOU. **Numbers: #4 = BEST > #3 = GOOD > #2 = FAIR > #1 = LEAST**

I. The FOUR Basic Personality Types: We are 'Diamonds in the Rough' with default traits. Which letter is **most like** you?
#4 = BEST > #3 = GOOD > #2 = FAIR > #1 = LEAST

- A. ___ I like to work by myself. My pace is methodical as I handle details. Some think I am a perfectionist.
- B. ___ I don't like to waste time. I enjoy challenges, taking control and solving problems.
- C. ___ I don't like pushy, aggressive types. I enjoy warm, close relationships, and I am a good team player.
- D. ___ I don't like to work alone, and detail work bores me to tears. I love to work with ideas, not facts.

II. The FOUR Logo Designs: Numbers: We are visually attracted to certain looks & styles. Which letter is **most like** you?
#4 = BEST > #3 = GOOD > #2 = FAIR > #1 = LEAST



A: _____



B: _____



C: _____



D: _____

IV: The FOUR Basic BODY SHAPES: Our body shape dictates clothes that look best but also influences other 'life' areas.
#4 = BEST > #3 = GOOD > #2 = FAIR > #1 = LEAST

Our **bone structure** is how we're built, or put together. Others would describe us this way when we're at our ideal weight. (Use **only 1 number** per line: #4 = **THAT'S Me** > #3 = Sort of > #2 = Not Really #1 = **NOT!**)



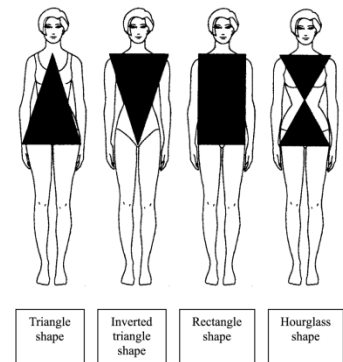
- A. _____ = **STRAIGHT 'A' BODY SHAPE:** Appears tall and lanky.
B. _____ = **SUBSTANTIAL 'T' BODY SHAPE:** Athletically built and muscular.
C. _____ = **SYMMETRICAL 'H' BODY SHAPE:** Average build; neither too tall, nor too short. Neither too narrow, nor too wide.
D. _____ = **SPHERICAL '8' BODY SHAPE:** 'Delicately rounded', comes to mind. In other words, people notice your figure first, not your height or muscular build.

WEIGHT DISTRIBUTION:

Use **only 1 number** per line: #4 = **THAT'S ME!** #3 = Sort of Me #2 = Not Really Me #1 = **NOT Me at all**

Whether you are Male or Female, our **weight distribution** is sometimes the easiest way to tell what body type we are. For example: if you were asked about where you gain weight, (and you have done so at some time in your life), you will usually know that dreaded answer in a flash!

NOTE: there are many variations of **body types** however, for simplicity we will only concentrate on the **four most obvious**.



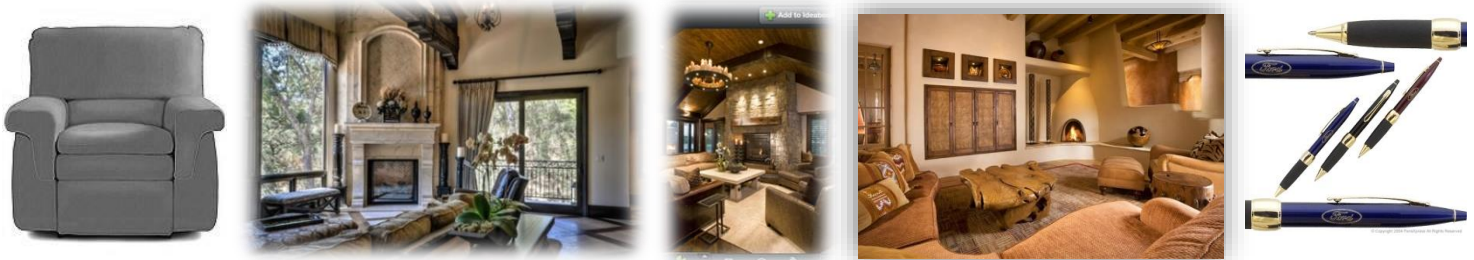
- A) _____ 'I always put in weight around my lower waist line and hips - it just never goes where I need it,' (usually referring to the bust line). By this admission, you would be considered a **STRAIGHT 'A' BODY TYPE** even though at the moment you feel anything but straight!
- B) _____ 'The first thing that goes is my waist line! As much as I try, I feel very thick chested.' This usually means your weight collects from the chest/bust down to narrow hips. By using this example, you would be considered a **SUBSTANTIAL 'T' BODY TYPE**.
- C) _____ 'I have to lose or gain ten pounds before anyone notices.' This phenomenon is peculiar to the **SYMMETRICAL 'H' BODY TYPES** and is quite typical for their chest/bust, waist and hips to expand and/or decrease equally as the case may be.
- D) _____ 'I always feel fat; I can't seem to get muscular!' This is the lament of the **SPHERICAL BODY '8' TYPE**. The plus to this, is no matter how much weight they lose or gain, they never lose their waist line!

V. The FOUR Basic INTERIOR STYLES: Design has changing Trends. Think in 'SHAPE' not 'STYLE' Terms which is more you?
 #4 = BEST > #3 = GOOD > #2 = FAIR > #1 = LEAST

A. _____ PICTURE PERFECT: Think **STRAIGHT, and CLEAN-LINED** furniture placed with simple purpose. No fuss. Visualize a slim Pen - perfect in shape, form and function. Now visualize a planned 'Picture Perfect' room.



B. _____ CASUAL CHIC: Think **SUBSTANTIAL, BLUNT** not Sharp-edged, heavy set, comfortable furniture & accessories asymmetrically placed. Visualize a thick pen or Primary red pencil - thick in shape, and easy to handle.



C. _____ CLASSIC ELEGANCE: Think **SYMMETRICAL, TIMELESS BALANCE.** MEDIUM-SIZED furniture and accessories with a slight curve placed symmetrically. Visualize a Fountain pen; graceful shape and pleasing to hold.



D. _____ ARTISTIC EXPRESSION: Think **SPHERICAL, FREE FORM;** MEDIUM-SIZED, SOFT-SHAPED furniture and accessories. Visualize a colourful floral, or a vibrant print pen; curved, unique to look at, and use.



THE MINI STYLE ASSESSMENT: Based on **adding up all** your chosen numbers with **#4 being MOST LIKE** to **#1 being LEAST LIKE** you with the Corresponding **FOUR** Question Letters (**A-D**):

A: _____ B: _____ C: _____ D: _____ DOMINANT Style = _____ SECONDARY Style = _____

A If you chose mostly **A's**, you probably have a **PLANNER Personality** that appreciates detail. Your **Body Shape** would be described as **STRAIGHT 'A' shaped** that appears narrow and tall even if you have weight collected on your hips. You can have any personal colouring – warm or cool, of high or low contrast. You most likely enjoy a simple, structured wardrobe that brings attention to your face. You enjoy a **PICTURE PERFECT** neatly organized home that features and displays key elements in architecture, furniture or accessories. In your business, **Organization is Key** and simple clean lines without clutter make you the happiest.

B If you answered the above questions choosing mostly **B's**, then you, being of a **DOER personality**, are most likely too busy to read this. Have your spouse give you the gist of the results. You can look at this report later when you have time. You probably have a **SUBSTANTIAL** athletically built **'T' shaped body** with either warm or cool colouring and enjoy an active lifestyle. Your personal style is naturally **CASUAL CHIC** and comfortable. At home, you love to relax in large scaled, heavy set furniture placed asymmetrically. Both at home and in the office you want things secure but easily assessable to be you're most **productive**.

C After **MEDIATING** with your spouse, friends & family you have decided that selecting mostly **C's** is your most favourite style preference. You are either warm or cool in colouring but shy away from the really bold colours of your palette unless you are feeling particularly strong. You like a timeless wardrobe with suit separates that sculpt your **SYMMETRICAL 'H'-Shaped** body. At home you love a sense of history and use **CLASSIC ELEGANCE** to display your many collections. **Symmetrically placed** furniture & accessories is your key to feeling balanced. At the office you like to be **organized** and have comfortable classic seating with interesting art pieces.

D If you chose mainly **D's**, you have probably **COMMUNICATED** with your friends through Facebook to see how they answered these questions. You are of either warm or cool colouring. Actually, you love all colours and patterns. You are attracted to clean lined contemporary styles. However, once on your **SPHERICAL '8'- Shaped body** or in your **ARTISTICALLY EXPRESSED** home you find them too rigid or cold looking. In your wardrobe, your home and office the style you like is **unique, artsy or romantic**. Create a cohesive colour theme and mood and then mix your current favourites together to keep your style as fresh, **free flowing** and trendy as you like.

FINITE COMPONENTS:

Body Shapes: 1. **STRAIGHT** 2. **SUBSTANTIAL** 3. **SYMMETRICAL** 4. **SPHERICAL**
Personal Colouring: **WARM** or **COOL**; high or low intensity
Warm: **BRIGHT** Yang / **DEEP** Yang or Cool: **STRONG** Yin / **SUBTLE** Yin

INFINITE COMPONENTS:

Personality Traits: 1. The **PLANNER** 2. The **DOER** 3. The **MEDIATOR** 4. The **COMMUNICATOR**
Interior Design Style: 1. **PICTURE PERFECT** 2. **CASUAL CHIC** 3. **CLASSIC ELEGANCE** 4. **ARTISTIC EXPRESSION**

***NOTE:** There is always more than meets the eye for example: The **SPRITE** Body Shape *i-Shaped* (petite version with dynamic personality); **YING** colours – are the balance colours that harmonize with all colours; A **DIAMOND** Personality is the combination of all the best traits and **SYNCHRONISTIC** Interior Design is the best of personal style brought together with scale, mood and colour.

For more details you can purchase your own **197page soft cover** or digital copy of **Discovering Your Inner Style – 8 Steps to G.U.R.U.** by **Jan Addams** Designer, Author, Treasure Hunter.



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