

FREE PSYCHOLOGY OF STYLE

WORKBOOK



STYLE THERAPY GUIDE

A self-led therapy that works from the outside in, and the inside out.

Written by Lydia Headey



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I specialise in helping women reconnect with their style & identity through clothing and self-expression, especially during the in-between, messy, or transformative moments of life.

HELLO DARLING

I'M SO GLAD YOU'RE HERE



Before we begin, let me say this, I want to see you WIN. I want to see you go after everything your heart is calling for, because not only do you deserve it, but when you do, you give every other woman in the same position the permission to as well.

Your style is more than just what you wear, it's a powerful tool for unlocking your potential. It's how you express your essence and communicate with the world before you even speak.

So why not let that expression reflect who you truly are? Everything you need is already within you — it's time to let her out.

This guide is simply here to help you honour who you are now...and remind you of the woman you've always been, even as you continue to evolve.

*Always,
Love Lydia x*

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HOW TO USE THIS WORKBOOK

This guide is designed to meet you exactly where you are. There's no right or wrong way to move through it, only your way.

You can:

- ✨ Print it out and use a pen to journal, highlight, and doodle freely
- ✨ Download the PDF and type directly into the document if you prefer digital reflections
- ✨ Read through first, then come back to the exercises when you're ready, or go page by page at your own pace
- 💡 Pro tip: Bookmark or pin the pages that resonate most so you can revisit them when your style starts to feel off-track.

This isn't a test — it's a mirror. Be honest. Be kind.
You might be surprised by what you uncover.

QUESTIONS?

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I created my business after years of witnessing women, including myself lose pieces of their identity to life's demands.

From watching my mother fade away through mental health struggles and addiction, grief, motherhood, burnout and finally receiving my own ADHD diagnosis in my thirties, I know what it feels like to be disconnected from who you are... and how that disconnection becomes clear in how we show up.

As someone who tried countless forms of therapy that never quite worked, I wanted to create something different, a space where women could see the work they're doing on the inside reflected on the outside.

In the mirror.
In the boundaries they're learning to honour.
In the quiet, powerful way they pick themselves back up and keep going when life tries to knock them down.

I've accepted the mission to help women like you reconnect to who you are through your style.

This isn't about trends or surface-level fixes

It's about grabbing that girl on the inside by the hand and walking her proudly into this next chapter, because you deserve it my love.

So before you dive in, I invite you to step outside, put your bare feet on the earth, take a deep breath, and remind yourself:
You are enough. Just as you are. Now let's get to work....



THE PROBLEM

The Psychological Problem

Many women are dressing from a place of disconnection, from burnout, invisibility, or survival.

They've lost the thread of who they are, and their wardrobes have become a reflection of that.

This workbook helps you start recognising and rewriting that story.

*This was me 4 years ago, just
after my son was born & a shell
of who I thought I once was..*



The Practical Problem

Traditional fashion advice rarely supports emotional wellbeing. You don't need a new wardrobe, you need to reconnect with yourself, your energy, your truth.

This guide helps you begin that journey, with both awareness and aligned action.



LET'S SET A GOAL

Before we dive in, take a moment to set a clear intention for yourself.

This workbook is not about perfection, or chasing trends. It's about reconnection, with your body, your energy, your style, and your identity

Think of this as your compass. Not a rulebook.

What do I want to feel about the way I dress by the end of this workbook?

EG POWERFUL

Use your word as your anchor when getting dressed. If your word is Powerful, ask yourself:

Does this colour make me feel strong and confident?

Does the cut of this piece honour and accentuate my shape?

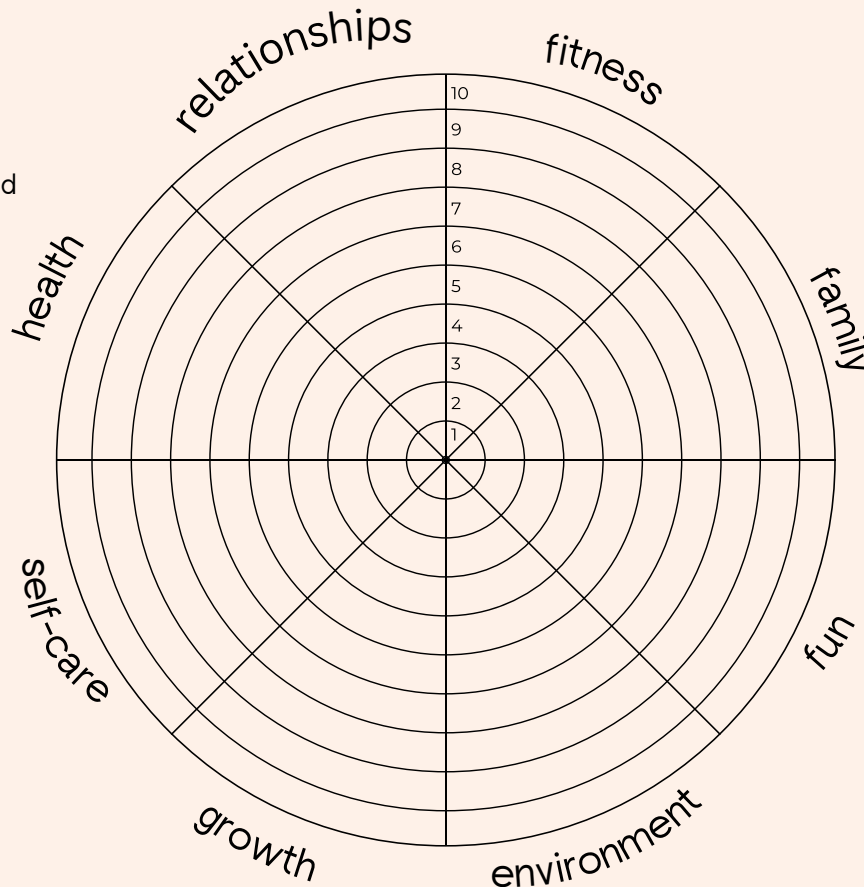
Do I feel like the most powerful version of myself in this outfit?

Let your word lead the way — one conscious choice at a time

THE LIFE WHEEL: WHERE ARE YOU RIGHT NOW?

Before you start redefining your style, take a moment to reflect on where your time, energy, and fulfilment are really going

Rate each area of your life from 1 to 10, with:
1 = feeling unfulfilled or disconnected
10 = feeling aligned, supported, and energised



Once you've scored each area, pause and take a look at the shape you've created. If this were a wheel, would it turn smoothly? Or are there dips where you're feeling drained or disconnected? This is your invitation to notice where things feel imbalanced, not to judge, but to get curious.

Where might you need more support, more joy, or simply more you?

This awareness is your starting point for realignment — inside and out.

This visual snapshot helps you see where your energy is flowing, or leaking, so you can start aligning your outer style with your inner world.

Because true style starts with how you feel.



VISUALISE YOUR HIGHEST SELF

Let's take a moment to meet the most vibrant, aligned version of you.

The you who feels seen, powerful, playful, and grounded, all at once.

This page is an invitation to imagine her in full colour, energy, and expression.

Use the prompts below to tap into her energy and bring her into your daily life through your style, your mindset, your presence.

WHAT DOES THE HIGHEST VIBRATIONAL VERSION OF YOU LOOK LIKE?

(Think: clothing, colours, hair, posture, presence...)

WHAT DOES SHE DO FOR FUN, FOR HERSELF, AND FOR NO ONE ELSE?

HOW DOES SHE SPEAK TO HERSELF WHEN SHE LOOKS IN THE MIRROR?

(What words or energy does she offer back to her reflection?)

What makes her laugh from the belly? What lights her up with joy?

**This is your style muse, not from a magazine,
but from within you.**

She's already in there, waiting for space to shine through.



7-DAY STYLE DIARY

Journaling has been shown to improve self-awareness and emotional clarity, helping you process your thoughts, reduce overwhelm, and reconnect with your true self. It creates space for reflection, which is the first step toward meaningful personal alignment, in life, and in style.

Each day for the next 7 days, write down what you wore and how it made you feel.

Were you energised, confident, neutral, or disconnected? Start noticing what lights you up and what drags you down. Take pictures of what you are wearing so you can really see what's working and what's not.

Be as brutally honest as you can, write as no one else is ever going to read it.





YOUR THOUGHTS

DAILY JOURNAL

EXAMPLE PROMPTS:

HOW DID I FEEL WHEN I GOT DRESSED TODAY?
WHAT EMOTIONS CAME UP AS I CHOSE MY OUTFIT?
DID I GET DRESSED FOR MYSELF — OR FOR SOMEONE/
SOMETHING ELSE?

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NOTES AND IDEAS

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YOUR THOUGHTS DAILY JOURNAL

EXAMPLE PROMPTS

WHAT INFLUENCED MY CHOICES TODAY?

DID I FEEL COMFORTABLE AND CONFIDENT IN WHAT I WORE? WHY OR WHY NOT?

DID ANYTHING SHIFT IN MY DAY BECAUSE I MADE AN EFFORT WITH HOW I DRESSED?

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NOTES AND IDEAS

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YOUR THOUGHTS DAILY JOURNAL

EXAMPLE PROMPTS:

DID ANYTHING SHIFT IN MY DAY BECAUSE I MADE AN EFFORT
WITH HOW I DRESSED?
(A COMPLIMENT, A CONVERSATION, HOW I CARRIED
MYSELF?)

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NOTES AND IDEAS

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YOUR THOUGHTS DAILY JOURNAL

EXAMPLE PROMPTS:

IF I DIDN'T MAKE AN EFFORT TODAY, HOW DID THAT FEEL?

DID IT AFFECT MY ENERGY OR PRESENCE?

DID I FEEL SEEN? EXPRESSED? INVISIBLE? POWERFUL?

SMALL? SOFT? STRONG?

DID I DO SOMETHING THAT MAKES MY HEART SING TODAY?

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NOTES AND IDEAS

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YOUR THOUGHTS DAILY JOURNAL

EXAMPLE PROMPTS:

DESCRIBE WHAT YOUR OUTFIT COMMUNICATED TODAY.

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NOTES AND IDEAS

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YOUR THOUGHTS DAILY JOURNAL

EXAMPLE PROMPTS:

WHAT WOULD I HAVE WORN TODAY IF I DRESSED 100%
FOR HOW I WANTED TO FEEL?
WHAT WAS STOPPING ME?

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NOTES AND IDEAS

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YOUR THOUGHTS DAILY JOURNAL

EXAMPLE PROMPTS:

HOW DID I SHOW UP FOR MYSELF TODAY, IN STYLE,
ENERGY, OR BOUNDARIES?

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NOTES AND IDEAS

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REFLECTION PROMPTS

This is your chance to get really down and dirty with yourself.

Ask yourself the hard questions and find out how much you want it?

What are you willing to change to get to where you want to be and how you want to feel?

HOW DO I WANT TO FEEL IN MY CLOTHES?

Your paragraph text

WHAT PARTS OF MY IDENTITY HAVE I BEEN
HIDING OR SHRINKING?

Your paragraph text

WHAT DOES BEING AUTHENTICALLY ME LOOK LIKE?AND
WHAT DO I NEED TO DO TO GET THERE?

Your paragraph text





YOUR STYLE ANCHOR

Remember the intention you set at the start of this workbook?

What was the word you wanted to feel?

Now, after completing your 7-day challenge and reflections, did that word (or something like it) show up in how you felt, dressed, or showed up each day?

Is that still the word you want to carry forward?

Does it feel like it belongs to this version of you?

If not, this is your time to change it my darling.

Because the word you choose is now your Style Anchor to hold in your pocket for when you need a bit of inspiration.

Let it guide every future outfit, purchase, and decision.

Let it remind you of who you are, and how you want to feel, every single day.

Your text here



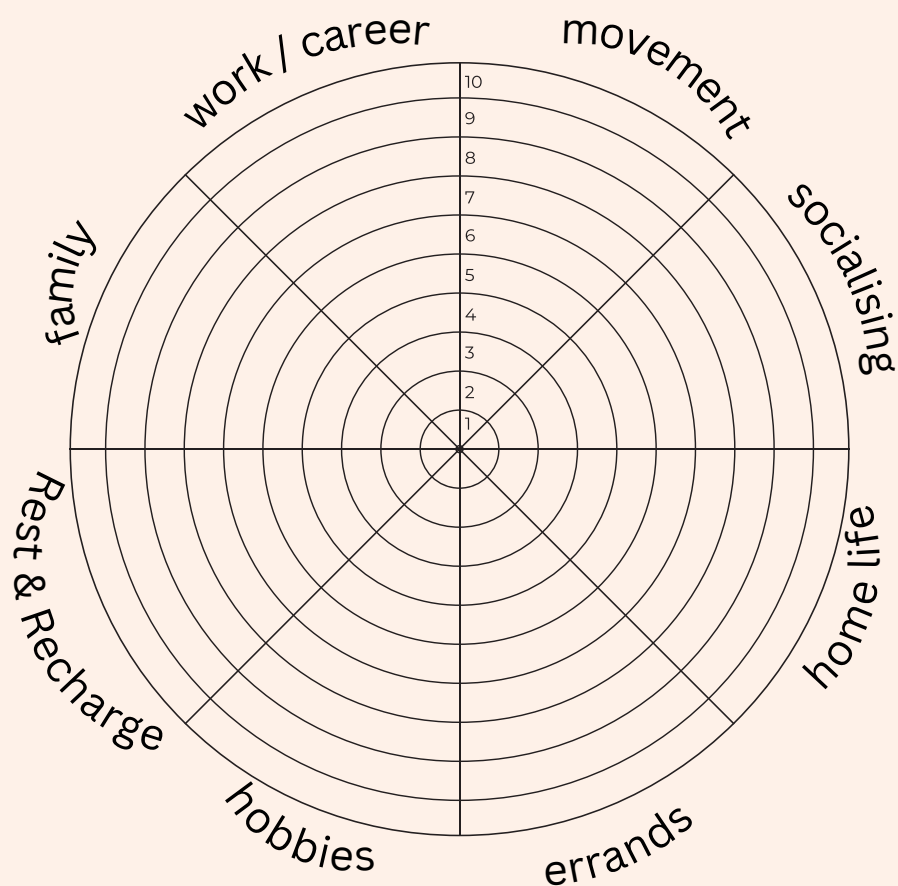
LIFESTYLE ALIGNMENT WHEEL

Where do you spend most of your time? What's your reality right now? Your wardrobe should reflect that.

Are you a career woman in the office or are you a new mum needing easy, comfortable, and supportive clothing?

Working from home and want structure without stiffness?

In a healing season and need softness over sharp lines?



Log where your hours go across a few typical days, and then reflect:

Does my wardrobe match how I actually live?

Am I investing in clothes for a version of my life I don't even live anymore?



THIS IS ONLY THE BEGINNING

YOU DON'T NEED A TOTAL
TRANSFORMATION.

You just need to tune into you.

Before you close this guide, take a quiet moment to return to the goal you
set for yourself at the beginning.

This guide was just the first step.

When you're ready, my 1:1 sessions go deeper into curating a wardrobe and
identity that reflect your truth, your rhythm, and your energy.

You deserve to be seen. Fully.

Let's get you there.

THE INFINITY STYLE STUDIO



I'D LOVE TO HEAR FROM YOU!

HAVE FEEDBACK OR NEED MORE
INSIGHT & SUPPORT?

BOOK A FREE GET TO KNOW YOU CALL [HERE](#)

LEARN MORE AT: [INFINITYPROJECT.CO](https://infinityproject.co)

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