

the 2019 *Dressed for My Day* Challenge

The 2019 *Dressed for My Day Challenge* is open ended so that you can choose the challenge that best suits your lifestyle and current needs. You can choose from the 5 challenges listed below or create your own. Just select or create a style challenge that will help you move from where you are today – style-wise – to where you’d like to be at the end of the month.

My challenge is to...

- A. ___ put more energy and effort into my appearance each and every day.
- B. ___ mix and match my current wardrobe more creatively.
- C. ___ consistently wear clothes I enjoy and look my best in.
- D. ___ dress appropriately but beautifully for a new season of life.
- E. ___ dress in a way that helps me influence others positively and engage gracefully.
- F. ___ (create your own): _____.

Now that you’ve identified your personal *2019 Dressed for My Day Challenge*, you can select the daily challenges you want to take on. *You don’t have to do these in a particular order.* Depending on your wardrobe and your personal challenge, you may want to skip some days or shift the daily challenges around to fit your personal calendar.

However, for the purpose of posting in the private Facebook group and Instagram, Kay will be focusing on one particular challenge each day, according to the attached calendar.

Each daily challenge contributes to one or more of the personal challenges listed above, as indicated by the corresponding letters. For instance, all daily challenges that help you to “mix and match your current wardrobe more creatively” will have the letter B after them, and so on. You are welcome and encouraged to do daily challenges besides the ones that contribute to your personal challenge.

Let’s make this fun! AND let’s help each other by providing accountability, feedback, encouragement and community.

There will be prizes!!!

You will get the most out of this challenge if you participate in one or more of 3 ways.

1. **Private Facebook Group** – You’ll find the *Dressed for My Day Challenge* private Facebook page at <https://www.facebook.com/groups/DFMDCChallenge/>. You’ll need to ask to be allowed into the group by answering a couple of simple questions. The group is private, only open to women who are participating in this challenge.
 - Introduce yourself once you’re in the private group.
 - Each day check in for challenge updates
 - Post your photos, questions and comments in the Facebook group in each day’s discussion stream.

2. **Instagram Hashtag (#) Group** – Simply tag all of your selfies or photos that pertain to the daily challenges with the hashtag #dressedformydaychallenge. Also, check out the other posts in that hashtag each day and leave positive comments on them and “like” them. Remember, this is not just about posting your photos. It’s also about community. We want to encourage and support one another by engaging in each other’s posts.

Note: your photos do not have to be “fashion selfies.” They can be photos of you with your kids, your husband, etc. As long as they picture you completing one of your challenges, they are perfectly appropriate to use. Just include the hashtag #dressedformydaychallenge in the caption or in the comment section so it will show up with all the other tagged photos from other women.

Note: your account will have to be set to **public** for us to see them. Or you can invite Kay and others to follow you and they will be able to see your photos. **Follow Kay at @dressed_4_my_day** and ask her to follow you if she doesn’t already.

3. **DressedforMyDay.com** – Leave comments at the end of Kay’s posts sharing your questions and progress with the daily challenges. This is the most limited form of participation, but Kay will be posting about the challenge every day (except Sundays) during June.

*****If you have questions about the challenge**, please ask them in Kay’s Instagram photos (@dressed_4_my_day), in the private Facebook group (<https://www.facebook.com/groups/DFMDCChallenge/>) or on the blog in the comments of any June post. That way other women can learn from the answers to your questions as well.

Did I mention prizes????

Three prizes will be awarded to participants who stand out for doing the following:

- posting about the challenges
- showing up consistently in either the blog comments, the Facebook group or the Instagram hashtags
- engaging with other participants in a way that is gracious, encouraging and congenial.

Also, there will probably be other “doorprizes” awarded to lucky participants throughout the challenge. Watch for those!!

Let’s get started!! You’ll find the challenges on the next page!

the 2019 *Dressed for My Day* Challenge
the Daily Challenges

June...

1. Today is National Nail Polish Day. Yep. It really is. Make sure your nails are polished a color that makes you happy, works with your wardrobe and looks fresh and contemporary. Post a pic on social media with the hashtags #nationalnailpolishday & #DressedforMyDayChallenge. (A,D,E)
2. Select a primary piece of clothing – dress, jacket, pants, skirt – that you will wear today *and* tomorrow, but style it very differently each day. Share photos of your different outfits. (B,D,E)
3. Today is actually National Repeat Day. Yep. It really is. You can share your photos of yesterday’s outfit and today’s with the hashtag #NationalRepeatDay as well as #DressedforMyDayChallenge. (B,D,E)
4. Think about someone you know personally whose style you admire. Interview her in some way, asking her how she puts her outfits together, where she shops, what her style philosophy is. Go ahead! She’ll feel flattered and share gladly. Share a photo of her (with her permission of course!) and or just tell us about your interview. (A,D,E)
5. Begin a Pinterest Board called “Dressed for My Day Challenge.” Go window shopping on a favorite retailer website or two, looking for clothing to fit your season of life and style. Begin to collect photos/pins of outfits that inspire you to meet your personal challenge. (A,B,C,D,E,F)
6. Today is National Eyewear Day. Consider how your eyewear affects your appearance. Even if you just wear reading glasses, put them on and look in the mirror or take selfies. If you’re not super impressed with what you see, begin looking for new eyewear. Even if you shop Target or Walmart, you can find fashionable eyewear of all kinds to enhance your appearance rather than detract from it. (A,C,D,E)
7. Wear jeans or jean shorts today, but dress them up with fresh accessories or shoes. (A,B,C,D,E)
8. Yes, it’s Saturday, but you can still wear a dress. Choose a simple one for daytime or put on a pretty maxi skirt or dress for the evening. (A,C,D,E)
9. When you go to a fitting room to try on things, take some post-it notes with you. Leave a handwritten encouraging note on the mirror for the next woman to find. Say something like, “Remember, nothing fits everyone! We all struggle to find the right fit. But that smile fits you perfectly!” (Bonus)
10. Visit a clothing store that is new to you, maybe one others have recommended but you’ve never shopped at. Don’t worry about prices. You’re just window shopping today. Try on a couple of items at least and take mirror selfies. Tell us about your experience. Will you go back? Did you like what you tried? Why or why not? (A,D,E,F)
11. Wear something you enjoy wearing frequently, but change up how you accessorize it today. Add a splash of color with a scarf, a little bling with some flashy earrings, a little shine with some metallic or some *grrr* with a little animal print. Don’t forget to take and post a photo! (A,B,C,E)

12. Ask your husband or another loved one to tell you something they enjoy seeing you wear. Whatever it is, ask them why they like it. Then wear it...either today or tomorrow...and feel beautiful! (A,C,E)
13. Try something different with your hair today. Put it in a ponytail, use some pretty pins to pull back a few strands, wear a headband, go curly or wear a hat or scarf. (A,D)
14. Today is both National Wear Blue Day *and* National Flip Flop day. Take your pick, but WOW me!! Put together a great outfit featuring the color blue that really shows off your assets. Post a pic! OR wear your favorite flip flops, but don't let them pull you down. Wear them in a way that adds youthful beauty to your overall look. (A,B,C,D,E)
15. Plan a date night out or just an extra special evening in. Do it your way with your style. It could be a cheeseboard and wine while watching a favorite movie with your man. Or you could go out to a favorite restaurant with another couple. *But change clothes first!* That's right. Spiff up for your date night, regardless of what you're doing. Bonus points for sharing a photo that includes your date! (A,C,D,E)
16. Dress up or dress down. Whichever you usually do for church, do just the *opposite* today. But still go in style. Even if you wear jeans, create an outfit that says you care and you've put in the effort. (A,B,C,D,E)
17. Look through your closet and drawers and find five pieces of clothing you really don't wear or that don't fit you well. Pull them out and donate them to a shelter for women or other charity. Can't find clothing that fits the bill? Consider jewelry, handbags or gently worn shoes. (Bonus)
18. Get real about the condition of your accessories. Look through your handbags, belts, shoes and jewelry, noticing the details such as stitching, stains, tears, scuff marks, cleanliness, loose pieces, etc. Donate or throw away anything that looks too worn or "broken." Be sure to share your results on FB or Instagram. (A,C,E)
19. Spend a little time playing dress up today. Create 3-5 different outfits from combining items in your closet that you've never worn that way before. Accessorize them, too. Now take photos of each outfit, either in the mirror or as a flat-lay on your bed. Post the photos on FB or Instagram. But more importantly, use those photos to help you put together those outfits and wear them in the coming days. (A,B,C)
20. What color brings you joy? Find a way to incorporate that color into today's outfit, even if it's just an accessory. Share a photo and tell about the color that brings you joy. (A,B,C)
21. Regardless of what your day holds, take your daytime outfit into evening with a few tweaks. Change up your accessories, jacket, shoes or hairstyle. Even if you're just home with your family in the evening, do something to change things up from day to evening. Oh, and it's National Selfie Day! So you know the drill! (A,B,D,E)
22. It's a great day to wear sneakers. Start there, but then elevate the look. Whether you wear shorts or a dress, create an ultra-feminine vibe by carefully selecting your colors, jewelry and other accessories. Share a photo so we can all see how you styled your favorite sneakers. (A,B,C,D)
23. Guess what! It's National Pink Day. If pink is in your wardrobe wheelhouse, pull it out and give this amazing color its day. Pair it with denim, black, white, orange or creamy beige. But if pink's not your

thing, own that, too. Resist the urge to wear a color that you don't love or that doesn't work for you. Post a pic with #NationalPinkDay & #DressedforMyDayChallenge. (C,D,E)

24. Let's wear a skirt! You choose the length and fit that works best for you. If you're short waisted, do a partial tuck of your shirt. If you're long waisted, create a more balanced proportion by wearing a high waisted skirt. If you're thick around the middle, you can create more of a waistline by wearing a fuller skirt and cinching it at the waist. You can also add a simple cardigan or denim jacket over your skirt to help with proportions. (A,B,C)
25. What trend are you embracing fully this summer? Python or other animal print? Polka dots or stripes? Seashell or macramé jewelry? Metallics or linen? Pick one and show us how you're staying current and chic! (A,C,D)
26. Is it time for new workout clothes? Check out the clothes you've been exercising in. Are they still in good condition and motivating you to put in the time? If not, now is a great time to invest in a few new things that could spur you on to fitness success. (C,D)
27. Today is National Sunglasses Day. Yep. It really is. Did you know that chic sunglasses can really elevate your look? And most of us wear our sunglasses a lot! So it's worth investing in some that at least LOOK expensive and classy. Of course, choose sunglasses that truly protect your eyes, too. But make sure your sunglasses are elevating your look and not bringing it down. Let us see those peepers on Facebook or Instagram and use the hashtags #nationalsunglassesday and #DressedforMyDayChallenge. (A,C,D,E)
28. This is the last Friday of our Challenge. Let's aim for a business casual look today, regardless of where or if you work. Join us in putting together a look that is polished but still casual, professional but a little laid back. Let me see what you got! (A,B,C,D,E)
29. Happy Saturday! Just because you're not going anywhere you don't have to bum out today. Dress for the ones you love today. Put on some makeup, tidy your hair, get a fresh manicure and/or pedicure and spray on a pretty scent. But also put together an outfit that surprises those you're spending time with. Your goal? For someone to say to you, "Where are you going?" Your answer? "I'm just spending time with you!"
30. Today is National OOTD (Outfit of the Day) Day. Yep. It really is. So this one's on you. Show us what you wore to church or brunch or Sunday dinner with the family. But also share with us what you learned from this month's challenge and why you wore what you did.