



Empowerment Photography: What to Wear – A Checklist

1. **Choose Clothes That Make You Feel Confident**
 - Select outfits you feel great in, whether it's a tailored dress, cozy sweater, or a bold statement outfit.
 - Ensure the clothes make you feel like the best version of yourself.
2. **Embrace Your Personal Style**
 - Wear clothes that reflect your unique personality.
 - Whether it's minimalist chic, bohemian, or a bold power suit, make sure it represents you.
3. **Avoid Overly Trendy Outfits**
 - Opt for timeless styles that you'll love looking back on in years to come.
 - Skip fleeting trends for classic clothing that never goes out of style.
4. **Opt for Flattering Fits**
 - Choose clothing that fits well and flatters your body shape.
 - Aim for outfits that accentuate your natural silhouette without being too tight or loose.
5. **Consider Color Choices**
 - **Bold Colors:** Red, royal blue, emerald green—great for conveying confidence and energy.
 - **Neutral Tones:** Beige, soft whites, warm browns—create a calming, elegant look.
 - **Pastels:** Light pink, lavender, baby blue—perfect for a serene, gentle vibe.
 - **Dark Shades:** Black, navy, deep jewel tones—ideal for sophistication and strength.
6. **Keep Accessories Simple Yet Meaningful**
 - Add personal touches like a statement necklace, ring, or scarf.
 - Avoid over-accessorizing—let the focus be on you.
7. **Consider the Location and Vibe**
 - Match your outfit to the photoshoot location (e.g., relaxed clothing for nature shoots, structured outfits for urban settings).
 - Choose clothing that complements the tone of the session.
8. **Bring Multiple Outfit Options**
 - Pack 2-3 outfits to give yourself variety in your photos.
 - Think about different looks for different parts of the session (casual, formal, glamorous).
9. **Comfort is Key**
 - Choose clothing that makes you feel at ease and allows for movement.
 - Don't wear anything that feels uncomfortable or restrictive.
10. **Be Yourself**

- Ultimately, wear what makes you feel powerful, confident, and true to who you are.
- Trust your instincts and choose clothing that resonates with your personal style.