



*Sample:
Week 1*

A Chic Year

*52 Style, Simplicity, &
Self-Care Projects
For Creating A Chic Life*

ACHICLIFE.COM



A Chic Life



Michele Connolly

Style | Simplicity | Self-Care

The Chic Life Philosophy is about living life from the inside out, being who you are, living an elegant life, your way. It's about:

- Expressing style
- Cultivating simplicity
- Practicing self-care.

My goals are to live by conscious choice and not convention or habit. To have less, but better quality. To do more of what matters and less of everything else. To live with grace, elegance, style. To show love, kindness, compassion. To experience inner peace and joy...

The ideas I share are drawn from psychology, philosophy, French attitudes and culture, and my own insights, experience, and minor epiphanies.

My work will always be a journey, a work in progress, an evolution.

Like every one of us.



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Thank You

A note of gratitude from me, and 'Where to next' for you...

IMPORTANT NOTICE

A Chic Year is designed to provide you with inspiration, guidance, and ideas for a chic life. It is not a replacement for medical care or therapy. If any of these projects bring up something troubling for you, contact your healthcare professional without delay. Please, be kind to yourself.

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Thank you for purchasing my work. I have invested much time, thought, care, and resources into creating this program. Please do not share this work in any form. Thank you.



Welcome

Welcome, my chic friend!

We are about to embark on an exciting journey. Over the next 52 projects and 52 weeks we will cultivate greater style, simplicity, and self-care. We will free ourselves from burdens and conventions, and we'll embrace passions and joy. We will discover greater elegance and grace and poise in a way that is so... natural.

Our projects will span the three key areas of A Chic Life: style, simplicity and self-care. There are:

- 17 style projects
- 17 simplicity projects
- 17 self-care projects
- 1 mystery project.

Although I have classified the projects this way, there is overlap across the three areas and in the way your life will change.

Each week I will lay out the project for you in simple steps, often with added tips and suggestions. You complete each project over the course of the week and then the following week you move on to the next project. I hope you'll allow an instinctive momentum to keep you engaged.

I've structured A Chic Year so you can alternate between the three areas and enjoy week-to-week variety. I've created projects that you can complete over the course of a week. But let your own motivation and interest guide you. You may want to complete all the style projects en masse, then the simplicity ones, and finally self-care. You may want to progress faster or slower than the weekly schedule. Listen to your heart. Listen to your inner voice. Use this program as your resource.

I'm thrilled to share this year with you, and I can't wait to get started. So, my chic friend, let's begin.



5 Tips for Success

— 1 —

Have A Chic Year visible. Save it to your desktop or print and keep on your desk.

— 2 —

Make a weekly entry in your schedule to read and prepare for your project.

— 3 —

Each week, schedule the tasks to complete in your calendar.

— 4 —

Take pleasure in checking off completed assignments in your Progress Tracker!

— 5 —

Share your weekly progress with #achicyear

Create your personal style file



What is your personal style? Do you have a signature look?

Perhaps you have a clear idea of your style influences and always know what to buy and how to put together a look that feels right for you.

If so, this will be an opportunity to revisit your style and see if your influences and tastes have changed. We are fluid creatures and our style evolves.

If not, this week we're going to get you started.

Let's put together your signature style file: a collection of images that appeal to you and guide your personal flair.



Create your personal style file



Steps

1. Decide where to keep your style file. A great place to save your style influences is Pinterest. Create a board called 'My Style' or 'Chic Cheryl' - whatever feels inspirational for you. Mark your board private if you want to keep your collection to yourself.
2. Spend some time every day this week looking for style inspirations. See SUGGESTIONS for inspiration ideas. Save your favorite selections and photos to your Pinterest board.
3. At the end of the week, re-visit your board and look for any style themes that appear. See SUGGESTIONS for theme ideas. Or perhaps there are several styles you like?
4. Notice what themes you find and consider how you could express more of your favored looks in your signature style of dress and personal presentation. For example, if color is a theme in your inspirations, could you include more colored pieces when you dress? If elegant simplicity marks your style inspirations, might you pare down your outfits?
5. We will return to your style file and apply it to your closet in a later week. Meanwhile, keep adding to your style file whenever you see an inspiring look.

Suggestions: Where to look for style inspiration

- Search Pinterest
- Search Instagram
- Go window shopping - photograph looks that catch your eye
- Google 'style' and see what leads come up for you to follow
- Google celebrities whose style you relish
- Google style terms, like 'boho chic', 'elegant style', 'rock chic', or any other phrase that might reflect your style, and see what images come up

Suggestions: Style themes

- Classic, minimalist outfits
- Neutral colors
- Colorful, expressive looks
- Fitted, preppy combinations
- Flowing, relaxed ensembles
- Bright patterns
- Elegance and simplicity



Notice what themes you find and how you could express more of your favored looks in your signature style of dress.

Journal



Q What themes appear in my style inspirations?

Q What changes could I make to my signature style to reflect my style inspirations?

Notes



*To live by conscious choice and
not convention or habit. To live
with grace, elegance, style.*

Style



*To have less, but better quality.
To do more of what matters and
less of everything else.*

Simplicity



*To show love, kindness,
compassion. To experience
inner peace and joy.*

Self-Care

A Chic Year Tracker

Week 1

Create your personal style file

Week 8

Rehearse saying the word 'no'

Week 2

Practice single-tasking

Week 9

Schedule items from your happiness list

Week 3

Make yourself a mix tape

Week 10

Streamline your clothes

Week 4

Curate a capsule closet

Week 11

Stop doing something unnecessary

Week 5

Unsubscribe and cancel

Week 12

Tune in to your self-talk

Week 6

Make a happiness list

Week 13

Streamline footwear and accessories

Week 7

Declutter clothes you don't love

Week 14

Compile a frustrations list



*If you like,
share your
weekly
progress
with
#achicyear*

A Chic Year Tracker

Week 15

Forgive yourself for your mistakes

Week 22

Dress your body with love

Week 29

Streamline your social life

Week 16

Identify your lifestyle looks

Week 23

Curate mementos and keepsakes

Week 30

Curate your social media

Week 17

Tackle your frustrations list

Week 24

Create your evening ritual

Week 31

Love your lingerie

Week 18

Practice 'imperfectionism'

Week 25

Assemble your look book (2)

Week 32

Rethink family time

Week 19

Assemble your look book (1)

Week 26

Donate 100 things

Week 33

Conduct a health inventory

Week 20

Discard 100 things

Week 27

Practice acceptance first

Week 34

Improve your handwriting

Week 21

Create your morning ritual

Week 28

Identify style opportunities

Week 35

Avoid out of sight, out of mind

A Chic Year Tracker

Week 36

Forgive others



Week 43

Cultivate an elegant posture



Week 50

Put recurring tasks on a set schedule



Week 37

Focus on the way you speak



Week 44

Use the best of everything



Week 51

Let your life reflect your values



Week 38

Choose quality over quantity



Week 45

Choose a daily self-care practice



Week 52

Start the thing (you know what it is)



Week 39

Allow others to do more



Week 46

Cultivate grace, poise, and elegance



Week 40

Select a signature scent



Week 47

Give up convenience for simplicity



Week 41

Opt for unfussy home decor



Week 48

'De-fuse' from your thoughts



Week 42

Be kind easily



Week 49

Move beyond your style safety zone





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- Michele Connolly
THE CHIC LIFE PHILOSOPHY



Thank You

What a year we've had together! So many chic projects completed. So many ways in which we've cultivated greater style, created more simplicity, and practiced higher levels of self-care.

We are more ourselves, now. Less worried about conventions or values we don't agree with. Expressing more of who we are. Doing more of what matters to us. Living with grace, elegance, poise. Acting from kindness and compassion, not from guilt or obligation.

Thank you so much for sharing this journey with me. It's been a wonderful experience for me to walk with you through these chic life projects - I hope you have enjoyed it as much as I have.

So, where to from here? As usual, I have suggestions! You could repeat the year, taking each project to the next level. You could pick your favorite projects to revisit. You could complete the projects in a random order, seeing how mixing things up changes your approach.

Each time you return to a project, the experience will be different. The world changes, we change, we are never in exactly the same place twice. So keep using A Chic Year to continue refining your life and uncovering your most happy, peaceful, chic self.

I wish you every joy and delight as you do.

Michele Connolly

