

PRACCHI SHINDE

IMAGE CONSULTANT · COACH · STYLIST

The 3-Second *Image Blueprint*

Eleven things a room decides about you
before you have said a single word.

PLACEHOLDER EDITION · FINAL GUIDE TO FOLLOW

SECTION

The First-Impression Audit

01 Posture at the doorway

Where your weight sits when you enter a room, and what it signals before anyone hears your voice.

02 The colour nearest your face

Your top 15 cm decide how rested, credible and expensive you read. Everything below matters far less.

03 Fit at three points

Shoulder seam, sleeve break, hem. Get these three right and budget stops being visible.

04 Grooming consistency

Not expense — consistency. One neglected detail undoes four considered ones.

05 The first eleven words

Rehearsed, warm and short. Never an apology, never a qualifier, never a nervous joke.

Full worksheet with the scoring grid appears in the final edition of this guide.

SECTION

Find Your Colour Season at Home

01 One white sheet, one window

Daylight only. No makeup, hair off the face, no coloured walls behind you.

02 The wrist test

Blue or purple veins lean cool. Green or olive lean warm. Genuinely unsure usually means neutral.

03 Two drapes, side by side

Hold a warm cream and a cool white under your chin. One lifts the face. One drops shadows into it.

04 Metal check

Gold or silver against the collarbone in the same light. Whichever disappears into your skin is yours.

A live drape in the in-person session is what settles this properly. The at-home test gets you close.

SECTION

The One-Afternoon Wardrobe Cull

01 Four piles, no fifth

Wear now. Alter this month. Sell or donate. Sentimental — boxed and out of the wardrobe.

02 The twelve-month rule

Unworn for a year, and not for a fixable reason? It is not a wardrobe item. It is furniture.

03 Fix the near-misses first

Most wardrobes have six garments that a tailor turns into favourites for the price of one new shirt.

04 Rebuild around your top eight

Everything you keep must work with at least three other things you kept. Anything else is a costume.

Expect to free up roughly 60% of the rail. Almost everybody does.

SECTION

The Four Seconds Before You Walk In

01 Stop just outside the door

Two seconds. Not a pause anyone sees — a pause you take.

02 Drop the shoulders, lift the chin

The body reaches the belief before the mind does.

03 Decide what you are bringing

One sentence. Warmth, authority, curiosity — pick one.

04 Enter slowly

Speed reads as apology. Almost nobody enters slowly enough.

This is the single cheapest change in the whole guide, and often the one people notice first.

Ready for the other half?

Everything in this guide is the outside.
The part that holds it in place is the self-image underneath —
and that is what the consultation is for.

Online consultation · Rs 1,500 · 60 minutes

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