

The entire page is framed by a wide border with a pink background and diagonal stripes in a slightly darker shade of pink.

# *The Wardrobe Edit*

## *Workbook*

Health & Style Club

[WWW.HEALTHANDSTYLECLUB.COM](http://WWW.HEALTHANDSTYLECLUB.COM)

# Personal Style

How many times have you stood in front of your wardrobe staring at a wall of clothing thinking ‘I have nothing to wear?’ Perhaps it takes ages to get dressed because some clothes don’t fit properly or you can’t find tops, bottoms, and shoes which match or suit the occasion you need to wear them.

The first step we need to take is to find out what type of clothing we **NEED** to have in our wardrobe.

List your daily activities:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What is your primary wardrobe? (i.e. If you work from home this will be casuals if you work in an office this will be your business attire.)

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How often do you go out socially and what is the dress code?

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Often women fall victim to ‘Aspirational Shopping’, buying clothing for the life we want to have. If you prefer running round in flats, you probably don’t need 15 pairs of high heels. Likewise, if your social life is limited to going out only on occasion then you don’t need to have to keep a ton of party clothes in your wardrobe.

The goal is to look into your wardrobe each morning and be able to quickly pull out tops, bottoms, and layers which work together, suit the day’s occasion, fit well, and are in good condition.

Let’s start by having a clear out...

*A woman has two problems:*

- 1) Nothing to Wear*
- 2) No room for all the clothes*

# Personal Style

When clearing out your wardrobe, you should try to put sentiment aside. I know it can be hard to part with the cute top you wore on your first date with your husband or the once marvelous little summer dress which is now worse for wear, but keeping these things does not serve you. You can do better!

Pull everything out of your wardrobe and start putting items into piles: keep or bin.

Items to bin:

Any clothing you haven't worn it in the past six months.	Clothing, shoes, and bags which are faded, worn, or lost their shape. This includes undergarment which are past their prime.
If you wouldn't put it on and wear it right now, chances are don't need it in your wardrobe.	If it does not fit well right now. Don't keep a wardrobe for the size you want to be. If you lose weight, treat yourself to a few new items.
Get rid of items which do not fit into the lifestyle analysis on the previous page. For example, if you have given up a corporate job to work from home, you can get rid of your old work wardrobe.	Get rid of shoes that you don't wear because they hurt your feet. If you don't wear them because you know it will end in tears, give them the boot!

If you are worried about getting rid of so many items of clothing at once, try putting them away in large wash bags and stashing them somewhere out of sight. Wait for a few weeks or a month and if you haven't gone back for anything it is safe to take them to the charity shop. If you have items which are new or in excellent condition, you might even try selling them on!

What you should be left with is your basics and your core wardrobe. Basics are items like undergarments, workout gear, pyjamas, and lounge wear. Your core wardrobe is what you wear outside the house. If you keep your core wardrobe down to a few well-chosen pieces which work well with each other, getting dressed each day should become much easier. So what should we have?

*Fashion changes but style endures.*

*- Coco Chanel*

# Personal Style

Right! Now that we've cleared out what we don't need or want anymore, let's get organised.

Divide your wardrobe into piles and categories like this:

<i>Spring / Summer</i>	<i>Autumn / Winter</i>
Work Wear (office or casuals if home based)	Work Wear (office or casuals if home based)
Weekend Wear	Weekend Wear
Basics	Basics
Occasion Wear	Occasion Wear

<i>Shirts and Blouses</i>	<i>Trousers</i>
<i>Jeans</i>	<i>Knitwear</i>
<i>Dresses and Skirts</i>	<i>Jackets and Blazers</i>

<i>Jackets / Coats</i>	<i>Handbags</i>
<i>Hats and Scarves</i>	<i>Occasion wear</i>



Your goal is to reduce the number of items you have in your wardrobe and create a “Capsule” wardrobe for each season. Believe it or not, having less clothes will actually make it easier to get dressed because you will know just what to wear for each occasion.

*Life is a party. Dress like it!*  
*- Audrey Hepburn*