

Dressing Yourself

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I. Introduction

Every morning, we wake up and do our morning routine. We do these things naturally, without even thinking about the steps needed to dress yourself in the morning. What if it was your first time and there wasn't anyone to help you? Start your day neat, confident, and prepared.

II. Equipment Needed

1. T-shirt
2. Pants
3. Socks
4. Underwear
5. Shoes

Optional:

1. Undershirt
2. Jacket
3. Sweater

III. Tips Before Dressing Yourself

Here is a list of tips to help you before getting started in the morning.

1. For this task, there are many optional articles of clothing that you can put on to enhance your outfit for the day.
2. Gather the clothes you plan to wear the next morning, the night before, so you don't panic in the morning, scavenging for clothing.
3. Make sure all of your clothing that you have chose for the next day are clean.
4. Try it on the night before, to make sure your outfit fits properly. Clothing can shrink after washing it and become too tight for your liking. Noticing this last minute could lead to starting your day late.

IV. Gathering Your Clothes for Tomorrow, the Night Before

The tips listed above should be addressed before doing the steps below.

- Starting with the necessary clothing needed, we have to find a t-shirt, pants, underwear, and a pair of socks and shoes.

- Finding a pair of underwear and socks are very simple. As long as they are clean, we can use them for the next day.
- When choosing clothing, we want to consider style and fashion. A person's style represents how they express themselves, as well as, their personality. Choosing the right clothing that matches well can be tough. Beginning with choosing the right colors, we need to find complementary (opposite) colors. For example, red is a complement to blue, but red isn't a complement to yellow. The top clothing should be a complement to the pants.
- When choosing the right pair of shoes, we want to either complement or match the color of the pants. Make sure the shoes fit snug and are clean.
- Now that you have found a top that matches the bottom, we can consider the optional articles of clothing. Choosing a long undershirt with another t-shirt on top that complements its color will make your outfit more complex. This applies to the other optional equipment (hat, jacket, glasses, sweater).
- Weather will be an important aspect for choosing the right clothing for the next day. Find out the expected forecast for the next day, so you can prepare for it ahead of time.

V. Putting on Each Article of Clothing

1. Starting with the T-shirt, we need to find the location of the neck-tag. Shirts are symmetrical, so we need to locate the medium-sized hole in-between the two small holes that are located at the ends of the widest part of the shirt. You can find the neck-tag under the medium-sized hole.
2. Lay the shirt on a table with the front-side of the tag facing down onto the table. Orient the shirt so that the widest part is above the more narrow, large hole, while making sure the shirt is completely flat. With both hands on each side, grab the large hole on the bottom of the shirt and pull it over your head. The medium-sized hole will meet your head, and there will be two small holes, one for each arm, where you can slide your arms up, inside the shirt, into each small hole.
3. The same method can be applied to any top clothing you put on, optionally.
4. Now that you have your shirt on, we can proceed to underwear. This will be the first layer of clothing for the bottom piece. There will be a total of 3 holes, 1 large hole, followed by a pair of medium-sized holes for you legs. Locate the large hole and find the back-tag inside the outer rim of the elastic waistband. Position the underwear the same as you have done with the shirt.
5. Lay the underwear with its tag facing down onto the table. Position the tag in the center, so that the left and right side of the tag are symmetrical, while orienting the underwear with its large hole with the tag on top and the two small holes on

the bottom. With two hands, grab the ends of the waistband (top part). Spread the waistband apart and you will see two open holes. Bend your knees and lift your right leg into the right hole. Once the leg is in the hole, proceed to put your left leg into the left hole. Pull up until the the pants have reached your waistline.

6. The same method can be applied to the pants of your choice.
7. Finally, we have to put on our socks and shoes. Socks are conveniently branded symmetrically. Some even have an indicator on the the sock indicating 'L' for left sock or 'R' for right sock. If the sock doesn't specify 'L' or 'R', either sock will fit on either foot. There will be one hole to each sock. Grab the rim of the hole with each hand and locate the branding on the sock. This will be the guide to put each hand. Spread the rim apart with your hands and slip your foot inside the sock.
8. Now that you have one sock on, we can put on the corresponding shoe. Put the shoes on the floor with its flat-most-side on the ground so the soles of the shoe are in contact with the floor. Position the shoes parallel with each other and pointing towards you with the hole of the shoe closest to you. Next, we need to make sure the shoe corresponds to the right foot. The top of the shoe should have a curvature that will match with the corresponding foot. For example, the left foot will resemble the graph of $\log x$ in mathematics, with the lowest point on the left side. When you have matched the correct shoe with the correct foot, we can proceed to putting our foot inside the hole. Start by entering the shoe with your forefoot that has the sock on it and slide it as deep as possible. You will notice that your heel will touch the bottom tab of the shoe. Gently pull the heel-tab away from your foot, while pushing down your foot into the shoe.
9. Repeat step 7 and 8 for the other foot.

VI. Conclusion

Congratulations! You are now fully dressed and ready to start your day. This is a comprehensive guide on how to choose the right clothing the day before and properly put on each article of clothing at the start of your new day. After repeating this cycle everyday, your morning routine will feel like a breeze and come naturally. Following all of the tips recommended in this guide will leave you stylish, organized, and punctual.