

PROJECT 333



Guide

t h e r u l e s

when: Every three months. Join anytime.

what: 33 items including clothing, accessories, jewelry, outerwear and shoes.

what not: Does not include your wedding ring or another sentimental piece of jewelry that you never take off, underwear, sleep wear, in-home lounge wear, and workout clothing that's only worn to workout.

how: Choose your 33 items, box up the remainder of your wardrobe, seal it with tape and put it out of sight.

what else: Consider that you are creating a wardrobe that you can live, work and play in for three months. Remember this is not a project in suffering. If your clothes don't fit, or are in poor condition, replace them.

i t e m s

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17 _____	

helpful tips

for your project 333 challenge

1. Find out everything you've ever wanted to know about Project 333 [here](#).
2. After you finally clean out your closet for good, choose your 33 items.
3. There is no danger in dressing with less. Shut down the fear of not having enough with curiosity.
4. If you are still too scared, take tiny steps. [Start with these 10](#).
5. Get rid of the clothes that make you feel bad. If you feel sad that clothes don't fit, or guilty that you spent too much on something, let it go. [You've paid enough](#).
6. Remove temptation: cancel email subscriptions to online shopping sites and other stores.
7. [Trade shopping for self-care](#).
8. Connect with and be inspired by others who are dressing with less and watch for #project333 round-ups [on Instagram](#).
9. Share your experience and inspire others. If you blog about your Project 333 challenge, or share on social media, use hashtag #project333 and tell me about it so I can share too.

Here's where you can find me:

