

CLUTTER
CLARITY
STEP
5

CLOTHING

INSTRUCTIONS

DATE:

QUICK FIX:

I don't mean to be so Mommie Dearest about it, but seriously folks, NO MORE WIRE HANGERS! Or even plastic, you are better than that. Buy yourself a set of non-slip and you will immediately gain some space and keep those slippery materials on the hangers. Only hang what you feel good in, not everything will be worthy.

ADVANCED FIX:

I really do like the look on my clients' faces when I start piling EVERY PIECE OF CLOTHING they own onto their bed. It's generally a moment of surprise, amazed they could have that much, especially when they feel like they have nothing to wear. Download the worksheet and just dive in. This is a good exercise and it generally can go pretty quickly just to make the pile go away. Donate anything that doesn't feel good. If your dresser drawer tends look like a cyclone went by, try creating dividers with shoeboxes or invest in drawer dividers. I've had success using them to keep smaller items like bras, panties, socks and tank tops in order. When I use them for my tanks and t-shirts, rather than stacking the shirts on top of each other, I roll them and rotate them 90° so I can see what shirt to grab rather than upturning the whole pile. You will probably never have to do it again, it's a great lesson.

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CLOTHING

WHAT IS MY SYSTEM?	
DATE:	

GATHER

[] EMPTY BINS/BOXES [] MUSIC
 [] MAGIC MARKER [] POST-IT NOTES
 [] NOTEPAD & PEN [] H2O & SNACKS
 [] LARGE GARBAGE BAGS

Put on some music that gives you energy and get ready to divide and conquer. Find an open area in your home, or use your bed, and find EVERY article of clothing you own and make a pile. Take a photo. Label the boxes: Alterations, Donations & Recycling. Sort everything into the categories below and write totals for each

PANTS

DRESSY: _____
 WORK: _____
 JEANS: _____
 LEGGINGS: _____
 _____:

TOPS

BLOUSES: _____
 T-SHIRTS: _____
 SWEATERS: _____
 SLEEVELESS: _____
 _____:

JACKETS

WORK: _____
 CASUAL: _____
 OUTERWEAR: _____
 _____:

DRESSES

WORK: _____
 CASUAL: _____
 OCCASION: _____
 _____:

SKIRTS

WORK: _____
 CASUAL: _____
 OCCASION: _____
 _____:

FITNESS

T-SHIRTS: _____
 SHORTS: _____
 SWEATS: _____
 _____:

Look at your ratios. based on your everyday needs, do you have any categories that you rarely use? do you need to add items to your wardrobe? Do these clothes still suit you and your lifestyle? Remember that no matter what you paid, if you aren't going to wear it, it needs a new home. Don't delay by looking for a buyer, pay it forward regardless of your investment and fill in the gaps only with clothing that brings you joy.