



Wardrobe

MAKEOVER & DECLUTTER

SHIP SHAPE SHACK

BURSTING AT THE SEAMS?



BEFORE



AFTER

You look at your wardrobe and realise you're READY to tackle a space that's full of clothing that doesn't fit, shoes no longer fashionable and countless accessories you purchased long ago but no longer wear.

Decluttering your closet may just change your life – you'll feel better in your clothes by wearing only what you love, and visually it's so appealing that you will immediately want to declutter the rest of your home.

Bursting at the seams is not something we ever want to associate with our clothes. Here are some practical tips to help you declutter your wardrobe.

Are you ready? LET'S GET TO IT AND DECLUTTER YOUR WARDROBE!

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HOW MANY CLOTHES SHOULD I OWN?

Personally, I believe that this will vary from person to person and their lifestyle. This question depends on your lifestyle. If you work in a corporate environment, you will need a combination of professional, casual and special occasion outfits, whereas as a professional declutter and home organiser, I only wear workout wear, plus a few items for weekend and special occasion wear.

According to a survey of 1000 USA women, it was found that the average women have 103 items of clothing in her wardrobe. BUT she only wears around 10% of them and considers 21% to be unwearable 33% too tight and 24% too loose.

When decluttering consider the Pareto principle or the 80/20 rule. When applying this to your clothes, you probably wear 20% of what's in your closet 80% of the time. So it makes sense to let go of 80% of the things you don't wear.



9 PIECES / 9 OUTFITS

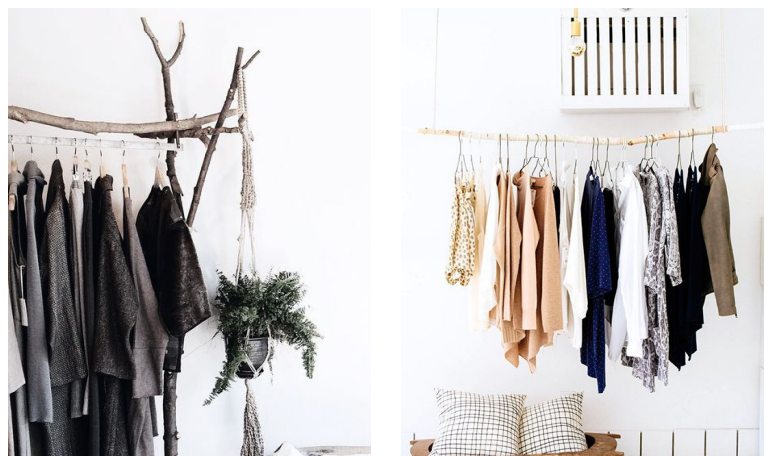


HOW TO CHOOSE A WARDROBE THAT WORKS FOR YOU.

Important considerations when decluttering your wardrobe is to decide which clothes work for your lifestyle.

- Do you work in a corporate environment and need a work style wardrobe?
- Do you play sports?
- Do you have an active social life?
- Do you attend many evening events?
- Do you need four seasons of clothes?
- Do you like getting cost for wear out of your clothes or is having choice important?

Decide what exactly you need clothes for and throw out things which don't serve you anymore. If you've given up a sport – then get rid of the gear, if you don't attend many evening events, cull a decent number and donate the rest to someone who can give them a new lease of life. If you're retired you may no longer have to attend work functions – so that 'work' wardrobe can now go too.



WHAT DO YOU NEED FOR A BASIC WARDROBE?

In reality we probably only need three of everything which would cover us under the basis of one clean, one in the wash and one dirty. But this presumes that everything in your wardrobe goes with something else that matches. Although this requires discipline, with careful planning it's easily achievable and with one or two extra show pony pieces to spice things up a little, this would be the ideal wardrobe size.

A capsule wardrobe covers the essential days and evenings of your life and has a staple of clothes that fit well, mostly consist of block colours of white, black, ivory, cream and navy blue and grey. A crisp white shirt and blue jeans will actually take you most places, and a little black dress can be accessorised beautifully with prints or colours or jewellery to give it a touch of glam.

Your capsule wardrobe should consist of items which you can wear anytime, and all the time, which can be jazzed up if necessary either with show pony pieces or pretty accessories to achieve a look suits any event.

It's much easier to get dressed when you don't have too much to choose from, or have clothes that match well together and fit! When everything in your wardrobe matches each piece, as well as your lifestyle, choosing outfits are a breeze.

Undies and bras – let's not forget them because they are the mainstay to creating comfort and the best silhouette for your clothes. When choosing a bra book a fitting with a professional and select the right bra to suit your lifestyle.



ASK THE SEVEN WARDROBE DECLUTTER QUESTIONS

Ask yourself the following about every item in your closet:



Numbers 3 & 7 are the real "light bulb" questions for many people. Even if you love it, do you want to wear it in front of other people? How long have they been sitting in your wardrobe waiting for you to loose weight? Be a brutal critic. If necessary, enlist a friend to tell you if something is wrong for you. Closet space is limited, so don't waste your prime real estate on something you're not crazy about or doesn't fit and is either too small or too large.



BEFORE



AFTER

STEP #1.

PLAN YOUR INTERNAL STORAGE AREAS FIRST!

I can't stress the importance of this first step! Clothes aren't the only things you store in a wardrobe, so you'll need additional storage containers and boxes to store these items. Rather than throwing things on shelves at random, add some storage baskets to keep your clothes and accessories organized. Plus, they will make your closet look much more put together. For the best outcomes, measure the internal areas to find the perfect container solutions. Get these supplies before you start step number two!

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STEP #2.

LET'S DECLUTTER YOUR WARDROBE!

Depending on your wardrobe design, section it into three four quadrants. Small areas are easier to manage and you'll be able to see your progress more easily. During your 60 minutes, delegate 30 minutes to each quadrant and completely focus on decluttering this area.



STEP #3.

CREATE A SORTING SYSTEM

As you declutter each area, you'll need to set up a system for sorting the items you find. You can create your own method or use my Five-Box Method. The Five-Box Method forces you to make a decision item-by-item and keeps everything contained and organised. I recommend using cardboard packing boxes, however don't add to your clutter and buy them, jump online and find some for free! Gather your five boxes and label them KEEP, RECYCLE, STORE, DONATE and WASTE. Use these decluttering tips to sort your items:

1.

KEEP: clothes that you wear regularly. Empty this box after you complete each space, putting items in their newly designated spaces. Ideally, these things should be stored neatly in a container or drawer and labelled.

2.

RECYCLE OR WASTE: if something is threadbare and beyond use and had its day, before throwing it in the bin or out on the kerbside, check if it can be recycled. Textile recycling centres can recycle these items, including the retailer, Zara. Empty this box after you complete the space and store your clothes in the garage and book a collection or transport to your nearest recycling drop off point. Anything that can't be recycled can go in the bin.

3.

STORE: When decluttering, seasonal clothes you are not wearing can be stored. Decluttering your wardrobe is not about throwing out clothes you love, wear and cherish; it's about eliminating items you never wear or won't wear in the future. Empty this box into storage containers after you complete each room. Label storage containers or drop an inventory sheet on top, and neatly stack them in a designated storage area.

4.

DONATE, REGIFT OR SELL: Don't get too caught up in trying to find the perfect charity to donate to. Your objective is to get clutter out of your wardrobe, and donating to places that make the process easy! Come up with a list of 2-3 places where you can donate your clothes locally, and make donation drop-offs part of your regular errand runs. Donating saves the planet from landfill and helps others in need. And, if you have been given an item of clothing you'll never use or an extra cap you'll never wear, regift to a friend.

5.

PUT AWAY: items that are out of place and should be stored somewhere else.

STEP #4.

SET A TIMER FOR 60-MINUTES

Turn off all devices and remove all distractions and set your timer and declutter and reorganise each quadrant within 60-minutes.

STEP #5.

REMOVE ALL ITEMS

Begin by removing all your clothes and other items from the quadrant. Go through each item individually and relegate it to one of your five boxes. Remember, only keep items that you will wear or use regularly. Be ruthless!



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STEP #6.

WORK QUICKLY

Work as quickly as possible! Remember that the goal is to declutter and get rid of items that either you haven't worn in years, or that no longer fit you.

STEP #7.

STOP AFTER 60-MINUTES

At the end of your 60-minute dash, stop what you're doing. Thoroughly clean the quadrant and put away everything in the keep box and store seasonal clothes in a plastic container.

STEP #8.

FINISH THE JOB

Deal with the leftovers now! Photograph and list the items your selling, call your friends to pick up items you're regifting, and get the other boxes in the car to deliver to recycling centres or charity shops.

STEP #9.

CELEBRATE

Celebrate! You've decluttered your wardrobe and it's time to reward yourself. Repeat this process daily to see even more results in other areas of your home.



Running a home can be overwhelming and stressful, but it doesn't have to be that way! This guide is your first step to taking the stress out of your home life and give you more time to spend doing the things you love. Decluttering your wardrobe is one of the ways you can begin a calm home life!

If you enjoyed this download, be sure to share it with friends and family on Facebook who could use the help decluttering their clothes,

too! If you need more support for other areas of your home, join our [Facebook group](#) for some great pointers!