

THE STYLE COACH™

Confidence In Style

13 Mar 2023

Wardrobe Edit & Refresh

Wardrobe Editing

Preparation

- Allocate a day or two consecutive days to edit your wardrobe without interruption
- Prepare different bags for donations/alterations/repair/dry clean etc
- Wear clothes that are easy to change in and out of
- Have a full length mirror handy
- Anticipate challenges and be prepared to deal with them eg 'I don't want to get rid of this dress because I spent so much money on it.'

What to do when you hesitate:

The slow process:

- **Pause**
- **Try to identify the feeling you are having**
- **What value is that feeling associated with?**
- **How else is that value being fulfilled?**
- **What else can you do?**

The fast process:

The 5 Second Rule by Mel Robbins

- **Count from 5 to 1, then take action without allowing yourself to overthink the process.**