

# CLOSET CLEAN OUT!!!

Does it fit?

(be size proud ~ don't self-sabotage ~ stay in the present)

Is it worn or torn?

Do I have multiples?

Is it out of fashion?

(let go of the past)

When was the last time I wore it?

Will I wear it again?

(generate good closet karma - donate)

## **HOW MANY CLOTHES DO I NEED?**

For things that you want a clean item every day (like tops or underwear), count the number of days between laundry days & then add one. For example, if you do laundry once a week, then you need  $7 + 1$  of the item. That way, you have something clean to wear on laundry day.

If you wear the thing for 2 or 3 days before laundering, then you probably need 4 of something (wearing for 2 days each) or 3 of something (3 days each).

That doesn't account for seasonal, special occasion, or workout clothes... just daily wear. But you can apply the same concept to every item (just ask yourself "how many do I need between wash cycles").

As for shoes, you should have a pair for:

- ~exercise/activity (sneakers)
- ~dress/formal (black and brown)
- ~sandals (for summer)
- ~boots (for winter)