



# The Self-Image Wardrobe

## A four-step process

The Self-Image Wardrobe is simple four-step process for creating a wardrobe you love. A wardrobe that is a pleasure to open (or step into) every day. A wardrobe where you know you'll find the perfect outfit for every occasion. An outfit that suits your lifestyle, goals, vision, brand, and most importantly, an outfit that suits YOU.

### 1. Define

Before anything else, I recommend defining your lifestyle, personal and professional goals, vision, and aspirations. Get absolutely clear on who you are now, who you are becoming, and what you want your style to communicate.

Like it or not, you are being judged on what you wear. The reality is, before you even speak a word, your image and presentation have already made the introduction.

Your appearance is what others first notice about you, so it's important to understand what you wear has a huge impact on how you are perceived. Is it fair? No, but it happens.

### 2. Edit

The purpose of "Edit" is not to throw away as many clothes as possible. The purpose is to step forward into your desired self-image, and eliminate the mediocre to create a way for the great.

Disciplined elimination is the process of removing anything distracting or unnecessary and revealing meaningful clothes that help you blossom.

Less, but better.

### 3. Add

When you're ready to add to your wardrobe and make purchases, pause before you spend.

Does it have a purpose? Will it fit my lifestyle and self-image?

Can I afford it? Can I pair it with at least three other items in my wardrobe.

### 4. Refine

"Refine" is all about adding to your wardrobe over time.

You may like to review your wardrobe at the beginning of each season and determine if any essential items are missing.

Make a list, check it twice, and give yourself time and grace.

Curating the perfect wardrobe will take time. Be intentional about each item of clothing you allow into your wardrobe.

**HAVE FUN!**