



## Clean out your closet

Do you wake up every morning saying to yourself: “*I have nothing to wear*”, even if your closet is full of clothes?

You are not the only one!!! This phenomenon is very common. Your wardrobe is over-stuffed with out-of-date clothes, clothes that are either too small or too big, they don’t match, or simply they don’t represent your style anymore. So, obviously you have nothing to wear. And then the ordeal begins. You try to put together different shirts and suits, jeans and tops,



trying them on, taking them off, and getting unhappier and frustrated every time, until you finally find something that’s ... matching, and it seems fine for the time being. Not fabulous, not wonderful, just fine. But of course, that’s not good enough.

When you get dressed you want to feel marvelous. You want to look amazing. You want to look successful because that is what you are. Your outfit should match your self-confidence and your status.

Let’s face it, being well-groomed is of the utmost importance when promoting a business and being available to the media or even at your everyday public job. Here, I’m going to pass on to you the tips that I have learned through years of public speaking and through success-dressing research.

### Wardrobe tips for men or women:

To begin with, you need to ask yourself the following questions:

- 1) Does your wardrobe suit your lifestyle?
- 2) What clothes do you have that make you feel wonderful?
- 3) Do all your clothes fit you?
- 4) What “look” do you want to portray, while feeling at ease with what you wear?

When you answer these questions, you may begin sorting your wardrobe as follows:

**Initial sorting:** Open your closet and scan your clothes. Take out *all* your clothes and put them on your bed. Start sorting and weeding out any you haven’t worn in years.

- Ugly clothes:** Put all the clothes that make you feel ugly in large bags and give them away to charity.
- Repairs:** Put aside the clothes that need repairs. Either put them next to your sewing kit and fix a garment every time you are bored, or take them to a tailor to have them fixed. The second option is better, as we tend to procrastinate when it comes to chores such as mending clothes.
- Tight fits:** Decide which clothes are too tight. The ones that are out of fashion should be put in bags and the rest should be put in the back of the closet, out of sight. When you lose weight, try them on.
- Too big for you:** If you've lost weight and still have large-size clothes in your closet, either have them mended or get rid of them.
- Worn clothes:** Throw them out immediately, or cut them up into rags for cleaning your car. Their existence severely affects your self-esteem.
- Rearranging:** Once sorted, re-arrange your closet by either color or type. Women should divide their wardrobe into skirts, pants, jeans, blouses, jackets and dresses. Men should divide their wardrobe into suits, shirts, pants, jeans, jackets and ties.
- Hangers:** Throw away wire-hangers. Hangers should all face the same way. Hang pants from the bottom hem instead of folding them over the hanger. Never hang sweaters. Instead fold them neatly and place them on shelves.
- New items:** Do keep current by occasionally consulting fashion magazines. It may be that a new belt or pair of shoes will be the only item you need to transform your look. You don't have to be totally following the fashion trends if they don't suit your style or you feel uncomfortable in these clothes.
- Shoes:** Nothing looks worse than scuffed, dirty shoes with the heels worn down. Remember, people are often judged by their shoes! It is to your advantage to have fewer shoes, but polished and stylish ones.
- Handbags:** Handbags are another accessory that can make you look shabby or sophisticated. Choose a quality handbag that goes with everything and gradually build up a few good ones.

By cleaning out your closet (your mind and your life), you will have much more space, breath easier and feel free. Plus, you will know what to wear each morning!!!