

Wardrobe Renewal

*3 Days To Renew Your Wardrobe
and Your Mind*



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it always
seems
impossible
until it's
done

How It Works:

For days 1-3, you'll follow this process:

1. Read your task for the day
2. Collect the items that you're suppose to for the day
3. Take a picture of the clothes... This is helpful for review
4. Ask yourself the questions on page 7, for each set of tasks.
5. Make your notes, and Keep them in one place (notebook, workbook, phone or computer)
6. List your favorite items on the FAVORITES spreadsheet.
7. Put all the clothes back in your closet on the opposite side of everything else.
8. Go to the free [Facebook group](#) and let me know how it's going

What You'll Need:

Pen

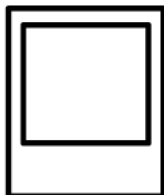
Mirror

Printed Workbook

Notebook

Camera or Phone

A Positive Attitude



*** Remember to take pictures!
This will keep you encouraged as you go**

Day 1

Make Time



Task

SET ASIDE YOUR MOST WORN ITEMS

Head to your closet and select your most worn pieces. This could be any number of items. Don't think too much about the number, focus on the items -- you know, the clothes you turn to time and time again!

Once you have chosen these pieces, answer the questions on page 7. This will help you in understanding which items makes you feel your best and most attractive.

MAKE & TAKE THE TIME

Set aside time to complete your task every day. It will take time to go through the questions with thought. The point is not to just answer the questions, but to apply the questions to your wardrobe in a way that helps you understand your relationship with your wardrobe.

You can use page 10 to write down your items and thoughts, or you can use your own notebook.

Complete the Visualize worksheet on page 8.



Ask Yourself:



- 1) Do you absolutely love this? If so, why? Make notes
- 2) Have you worn this in the past year? If no, why?
- 3) Does this item fit you properly?
- 4) Can this item be styled in multiple ways?
- 5) Does this item make you feel attractive? Why? Why not?
- 6) Do you own too many of the same thing?
- 7) Is this item comfortable?
- 8) What type of occasions can you wear this item?
- 9) Does this item make you feel confident? Why? Why not?
- 10) Does this garment fit into your current lifestyle?



Visualize



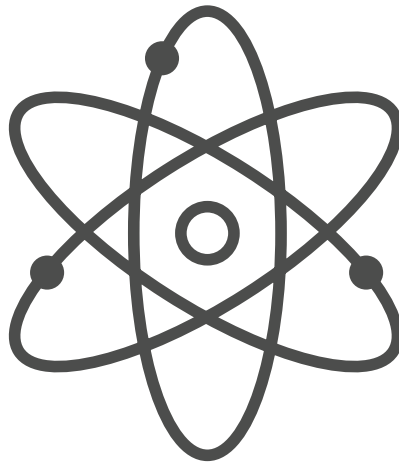
Start with an idea of how you want your wardrobe to look in the end.
Visualize your new improved wardrobe.
Imagine the layout of your closet. Imagine the colors of your wardrobe.
Imagine how you would feel.

Describe what you see in clear, vivid language:

What do you need to do to make that happen?

Day 2

Create



Task

CREATE 10 OUTFITS

Today you'll make 10 outfits from the most worn items that you had from yesterday. While putting your outfits together, think about the outfits that make you feel your most attractive, your most comfortable, your most confident, etc.

Once you have chosen these outfits, answer the questions on page 7.

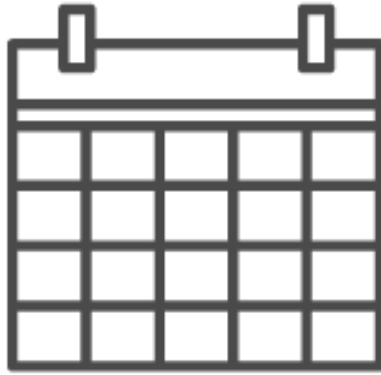
COMMON FACTOR

Once you answer the questions from page 7, think about the commonalities of these outfits. Is it the silhouette? The colors? Fabrics? Patterns? What is it that you love about these outfits? Why does a particular outfit make you feel confident? comfortable? attractive?

Make sure to take the time to go through these questions and really put thought into it. These questions are designed to make you think differently about your wardrobe. Also to help you figure out your fashion block.

Day 3

Plan



Task

PLANNING YOUR NEXT 10 DAYS

Plan to wear the 10 outfits that you put together in the next 10 days!

You've done it! You have created a mini-capsule. This can be the starter to build a fabulous wardrobe... or if you want to try minimalism, see how long you can go with just these items before you dip into the complete wardrobe again.

Let me know how long you lasted and if you missed any of the items you didn't use.

How do you feel?

CREATE A MOOD BOARD

Now that you have a jump on your outfits for the week, let's focus on finding your style. A mood board is something that will give you inspiration when you're stumped on style ideas. [Pinterest](#) is a great tool for inspiration, check out [my board](#).

Use Pinterest to build your mood board. Your notes should give you a good idea of the things you like/love. Use your notes to help create your board. I'd love to see your creations, post them to Instagram and tag me [@stephaniehicksco](#) and use [#WardrobeRenewal](#). You could also post them to the Facebook group.

Drop me a note at style@stephaniehicks.co with your results! I'd love your feedback.

Beauty
begins
the moment
you
decide to be
yourself.

-Coco Chanel



FLAWLESS WARDROBE

THE SHIRTS

WHITE TEE
BLACK TEE
GREY TEE
WHITE TANK
BLACK TANK
GREY TANK
DRESSY TANK
CHAMBRAY SHIRT
WHITE BUTTON UP
BLACK BUTTON UP
DIFFERENT STYLE BUTTON UP (shape or style)
TURTLENECK
DIFFERENT STYLE TURTLENECK (different arm length)
SWEATER
DIFFERENT STYLE SWEATER (cardigan or texture)

THE BOTTOMS

BLACK PANTS
BLACK PENCIL SKIRT
DENIM (NON-DESTRUCTED)
ALTERNATIVE DENIM (grey, black or white)

THE OUTERWEAR

BLACK BLAZER
ALTERNATIVE BLAZER (color or style)
DENIM JACKET
TRENCH JACKET
MOTO/LEATHER JACKET
CARGO JACKET
TAILORED VEST
TRENCH VEST

THE SHOES

BLACK PUMP
NUDE PUMP
FLAT

THE ACCESSORY

BLACK BAG
JEWELRY (gold/silver)
NECKLACE
RINGS
BRACELETS
WATCH