



# *The Queen of Clutter*

Wardrobe Refresh - Strategies to organize,  
downsize and get dressed every day with ease!

By Kim Tremblay

Space For You

**Going through your clothing each season will help you to see what you have, what you need and will give you so many more options for getting dressed in the morning.**

**It will make getting ready a breeze. Refreshing your wardrobe is a great way to update your style and feel confident with what you wear.**

**Declutter your clothing and allow yourself some space for new pieces to reflect your new style.**

Go through all of your clothing every season, keep what you love and what you wore during the previous season.

Discard anything that is old, doesn't fit, doesn't feel good when you wear it, tends to wrinkle, is torn or missing buttons, stained, broken zipper, or worn out, etc.....

**LET IT GO!**

**Seasonal Clothing Swap** - Do you move your clothing out of your space or even just out of the way each season? This can be a huge job depending on how much space and clothing you have.

If this is easy and helpful for you, go for it. If it becomes stressful for you, or you tend to procrastinate on it, maybe it's time to make a change.

Could you live with just one closet that holds all of your clothes?

Follow the **80/20 Rule**? This rule can apply to many different things but for this we are focusing on clothing.

We generally wear 20% of our clothing 80% of the time?

So, we have a lot of clothing that we never wear.

When I work on **my own seasonal assessment**, I often find clothes I could have worn but forgot they were there. Ugh!!

Wear some clothes (tops, pants, shoes, boots, outfits) that you haven't worn in forever and see how you feel.

I like to pull out a few items that I haven't worn and hang them on the curtain bar in front of my closet. This is my reminder to try them on and see if I like them and also how I feel when wearing them.

If you don't feel great wearing them and they don't work for whatever reason.....LET THEM GO!

Consider trying the “**hanger method** “ which is to have all of your hangers facing the same way and as you wear something turn the hanger the opposite way.

Then at the end of the season (or year) you will see what you wore and what you didn't wear.

I love using velvet hangers from the dollar store as the clothes don't slip off.

Just remember not to twist the top part though or it will break and fall off.

As you get dressed for the day or a special occasion and you are trying on different items and a lot of them are not working.....

**Ask yourself:**

Why haven't I worn this outfit?

Am I throwing these items in a pile to be dealt with someday?

What is the likelihood of me wearing this on another day?

Am I still that person or have I changed? Is it time to let it go?

**Have an exit strategy!** Always have a donation bag or box in your bedroom, maybe tucked into your closet. Once your donation bag or box is full, get it out of your home and to the charity of your choice as soon as possible.

You really do not want to second guess yourself. Make The Decision Today and Get it Out of Your Space!

As you work on your **Seasonal Clothing Assessment** try on some clothes that you haven't worn and see how they make you feel. (You will need a bit more time for this and you also need to be in a good space)

**Do you feel like a Queen (or King) in this outfit? In charge of your life? If not, then into the donation bag it goes. It's an easy decision.**

**This is the fun part.** Add some key quality pieces that will help you to pull your wardrobe together. A good pair of jeans or a fitted jacket for example.

Add some colors or accessories that you don't usually wear. Think about the style that you want to portray. Take note of other things that you need for this new season.

You might need a white shirt, new hoodie or coat, new underwear (of course), socks, new footwear, etc.

Sometimes we hang onto things from the past even though we aren't wearing them and likely won't. Think about who you are today and how you want to show up in the world!

**Let's talk about size.....**so many women say they have clothing that is too big or too small and the idea is they could lose or gain some weight.

How do those clothes that you are not wearing make you feel?

They are just taking up space in your closet or drawers. Space you might need for other things.

If you lose or gain weight then you deserve to get new clothes. There are so many things you can do to look your best today. We need to live for today, not for someday when something may or may not happen.

You are perfect just the way you are!

**“I paid so much money for this”**

Yes, you did and if you are not loving it or wearing it.....it is not doing you any favours at the back of your closet. The thing is you likely will not get the money you paid for it so it really is a sunk cost. Sometimes, we just need to say “let it go, its okay”

**Boots, Shoes and Purses - Yikes, I know.....you don't want to go there!**

Go through all of your shoes, sandals and boots. Is it time to uplevel and replace your worn out footwear? I know you loved them and might even feel attached, however, maybe you are ready to step up (see what I did there lol) and replace those shabby old running shoes. If you have many pairs of shoes and you love them all, could you consider letting go of the ones you no longer wear for whatever reason?

Purses - Do you have a collection of purses? One for every outfit. Keep your favorites and consider letting go of the ones you don't love or use. If you have the space great, however, maybe they have served their purpose and it is time to let them go. If you have designer bags, consider selling them. It really is your choice.

**Laundry Routine**

It's really important to have a good system for getting your laundry done. I know some people might need to go out to do laundry or to use machines in an apartment building so that can be a real challenge. It takes energy, time and money as well. So, if this is your situation, how can you make sure you get your laundry done on a regular basis.

Choose a laundry day! This could mean gathering all of your laundry for the next day and really getting yourself prepared to get it done. Having a regular laundry day can be the difference between living in chaos and not knowing what to wear..... to getting dressed in the morning with ease.

Are you able to get your laundry folded and put away? Or Do you find your clean laundry gets mixed in with the dirty laundry? Some of my peeps have trouble getting their folded laundry into their drawers. Maybe they feel worried that they won't be able to find what they need if it's tucked away. It's all about having a good system that works for you.

### **Shopping for Clothing** (thrifting, maybe?)

Are you someone who loves to shop for new clothes? Some of us go shopping because it makes us feel better after a hard day, it can soothe or help us to avoid our emotions or help us to unwind. Think about shopping in your own closet instead.

Check out this blog post. [Retail Therapy is a real thing.](#)

Would you like to know some of [My Secrets](#) for my own Seasonal Clothing Assessment?

### **More Resources:**

Capsule Wardrobe - Here is a link to [10 Capsule Wardrobe tips for beginners](#)

[7 Perks of a Minimalist Wardrobe](#)

[The Struggle is Real](#) - the average woman has 103 items in her closet

[Fast Fashion](#) - clothing is not made to last so we can find ourselves having to replace items frequently

[Sustainable Fashion](#) - a couple of interesting videos as well as some surprising stats

Do you have anything to add to this Wardrobe Refresh? Was it helpful to you? I would love to hear from you.

Interested in learning more about how I can help you to make more space in your life?

Drop me a line at [kimtremblay@sympatico.ca](mailto:kimtremblay@sympatico.ca)

Happy Decluttering!