



WARDROBE WORKSHEET

Before you start you will need:

- Three plastic bags or baskets (baskets work the best)
- Scissors
- Sellotape
- Your *B Styled for Life* folder with all pages and activities completed
- Camera or phone for photographs
- Pins
- Tape measure
- Pen
- Post-it notes

Ensure you are wearing comfortable clothes, which are easy to change in and out of - if you do need to go out in a hurry you will be ready.

Pick a time when you are not likely to be interrupted.

Be free of distractions.

Take your laptop or device with you so that you can play the video while you are processing your wardrobe audit.

Lets start your *B Styled for Life* wardrobe audit...

Reasons

Tick the statement that relates to your reasons

REASON A	TICK
You have too many clothes?	
Wrong fit, shape, colour and style	
Your lifestyle has changed and your wardrobe is not congruent with current needs	
You have clothes, clothes everywhere but nothing right to WEAR	
Too many 'double-ups' which all serve the same purpose	
You are holding onto clothes because of "emotional attachment"	
You have clothes that never get worn because that "just in case" event doesn't happen	
You have clothes to 'skinny into' one day	
You have lost or gained weight and your current clothes don't fit	
Children have left home leaving plenty of space so there has been no need to par down your wardrobe	
You have so many clothes that you can't see the forest for the trees	
You don't even know what clothes you own	
You only have a small wardrobe so need to downsize to only what you will actually use, look good and feel good in	

REASON B	TICK
You don't have enough clothes?	
You get invited to events or special occasions and get in a panic because you REALLY DO have nothing suitable to wear	
You held off buying any clothes because you just don't know what suits you and is right for your lifestyle	
You hate shopping - buying clothes has not been a priority	
You just have not had the time or funds to add to your wardrobe	
You have more room than you used to. Need to work out the gaps	



Your personal wardrobe goal

Write your goal/s below in big letters so that you can refer to this goal from time-to-time during the process.

Visualise what is going to make you feel great about your wardrobe. Think about your Values and what we went through right at the beginning – Do you want a lot of options or do you want to have a ‘minimalist’ wardrobe? You CAN achieve this by following the process.

Example goals:

- I want to streamline my wardrobe so that I can quickly be ready for any occasion
- I want to actually SEE all my clothes so that I know what I have and don't have
- I want to find the gaps in my wardrobe so I can shop for clothes that I really DO need
- I want to eliminate the clutter and delete some of my double-ups
- I want to walk into my wardrobe and feel good about it so that I enjoy getting dressed and putting outfits together

My wardrobe audit goal is...



Your lifestyle percentage chart

Percentage of your time	Activity



Cut these out into separate labels for the front of your basket/boxes

DELETE

DONATE

DARN