

# *A Almost Spring - FREE your self!*

**Trends can be fun today and make you laugh years from now.  
Instead, invest in classics, and only buy things, that look good on YOU!  
Jackie 'O**

Looking at your summer wardrobe, and you like me, wondering how you are going to get back into some of the last seasons clothes...or that perhaps, you will have to find new clothes...what now?

Remember it is a proven fact we only wear 10% of our wardrobe!

It is time for action -remember procrastination is the thief of time, and has nothing to do with the size of your hips or your new gym contract!

## **Get organized!**

Get down to action and organize your wardrobe.

Invest in lots of new hangars (all matching).

Check you have a full-length mirror, and perhaps decide to add a 'side view mirror" as well, to view yourself from behind! (A 'corner' works well)

## **Take stock ...**

-of your lifestyle,

-age

-body proportions

-budget

- The image YOU want to project!

Have you ever flipped through old photos of yourself and wondered... how could I have worn that? Alternatively, wow was that really me.

## **Fashion vs. Wardrobe**

Many women make the mistake by not knowing the difference between the difference between the *fashion*-which is always the latest trends, and *wardrobe*, which are the garments, that form the backbone of your wardrobe.

## **Wardrobe**

You will need certain items in your wardrobe-which are the investments pieces and no women's wardrobe should be without-

### **Indispensable items:**

-A white shirt or two

-A pair of jeans (depending on your age/body shape, naturally)

-A plain suit

- A blazer plus a plain skirt
- A black evening dress or pants suit
- Pair of pumps (plain, high-heeled shoes)
- Flat walking shoes & a pair of sandals
- Boots, and an assortment of hose
- A large tote bag, and smaller, smart bag.
- Good underwear
- Sleepwear and nightgown
- An all weather coat/jacket

These items have to pass a test though- or should be discarded and replaced.

### **The test**

- Does it fit well? (Does it fit you 'now")
- Does it flatter you?
- Does it project your present image, age, and lifestyle?

Once you have achieved this, you can start planning and adding existing items or making a list of new intended purchases.

### **Update**

Accessories present a world of opportunity when used correctly, from pulling unrelated pieces together to transforming an outfit on a moment's notice. You do not have to spend a fortune to do it. In fact, once you understand how much you can put these little pieces to work for you, you can create your own distinct style by doing so.

### **Jackie 'O**

Jacqueline Kennedy was voted to be the most stylish women of the last century-

It is amazing to think that she never changed her look- she wore the same dress style, hat and glasses.....she new the secret to wear ONLY what works for her!

Ensure when you add to your wardrobe to remember, not all trends are created equal. Indulge in the ones that capture your fancy. Also, be honest with your motives before indulging in any trend. Are you trying to make a statement - or are you blindly following the look of a favorite celebrity or a chic friend?

ALWAYS stop and ask yourself, "Does this work for ME?"

We hang onto some of our clothes thinking they may come back into fashion-some classic items never go out of fashion.

### **You have changed**

However, you will find that you have changed, your body shape has changed, your lifestyle...and if these items of clothing do not make you look amazing-why hold on to them?

Donate items of clothing you no longer use to your local church, the Red Cross or Salvation Army- there are so many people out there today, which need them.

Sorting out the clutter of your wardrobe, will have a psychological effect on your well being- will motivate you to get into a healthy lifestyle, plus why not -make you look and feel irresistible-so get organized before the beautiful summer days- and be the best you can be until next time.

### **HINT**

*'It is not what you wear or how you wear it-*

*It is the way you wear it and it is about your style-*

*Which gives your personality a real chance to come to equation.'*

*"With a black pullover and ten rows of pearls she revolutionized fashion forever!"*

**-Christian Dior on Chanel**