



HOW TO DO YOUR OWN
WARDROBE WORKOUT



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WARDROBE

WORKOUT

Leave no tee unturned

Pull EVERYTHING out.
Open every drawer.
Get it all out onto
the floor.

Today is the day
your wardrobe
changes forever!

Allow enough time to finish TODAY

The key is to make the
change so sudden that
your wardrobe feels new
and you experience a
sudden change of heart
about getting dressed
each day.



Divide into categories

By collecting things that
are similar into one spot,
you'll quickly see what you
have too much or not
enough of. This is the start
of where you decide what
stays and what goes.



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WORKOUT

Discard off-season items first

Why? Because if they're not imminently necessary you're more likely to apply

The Number One Rule:

"Does this item bring me joy?"

If you don't LOVE it you probably rarely wear it anyway. Now's the time to be brutally honest with yourself.

Take pride in loungewear

Comfort is key for these items, but just because you won't wear something outside the house, doesn't mean it's OK for it to be drab, stained, pilled etc.

The rule? If you'd be too embarrassed to answer the door to an unexpected guest wearing it, get rid of it. Recycle older items into the "loungewear" category but make sure you look/feel good in it too.



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COLOUR
CODE

Once you decide to keep it, hang or fold into season & **colour categories**. Regardless of how much space you have, you need to be able to see it all at a glance. Hang in colour groups, from long to short to sleeveless etc. Where possible, tops go on top, bottoms on bottom. Hang as much as you can on flocked hangers. Fold what's left.

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STYLE COUNSEL

THE CHECKLIST

STYLE FORMULA (BUDGET)

60% INVESTMENT PIECES

20% BASICS

20% FASHION/TREND ITEMS

Investment Pieces

- A neutral trench (add black if budget allows)
- A range of classic jackets. You definitely need white or cream. Best length? Ends just above your widest point; Cropped is great over longer-line tops for layering.
- A crisp-white shirt (french cuffs if possible)
- Dark denim jeans. These are the staples to bind your whole wardrobe. You must LOVE them; they must fit well & you must feel great in them. Try on one size smaller than you "think" you are - they always stretch & they're meant to "suck you in" anyway!
- A range of versatile shoes - ballet flats, t-bar flat sandals, boots, loafers, stacked heels (corporate), stiletto heels (evening), espadrille/wedges, Sneakers (casual) for casual; trainers for exercise.
- Neutral leather bag (A must LOVE - best quality you can afford)
- Black pants for work/corporate (also black denim & dress pants & leggings for layering)
- Simple dark/straight skirt (whichever cut suits you best)



THE CHECKLIST

Basics

- White stretchy camisoles (+ other basic colours for layering)
- Fine-knit cardigans & jumpers in tran-seasonal fabrics
- Scarves - lots of them

Fashion/Trend Items

- Build up a collection of tops in light, neutrals as well as latest on-trend colours. Always look for interesting cuts, pretty details, varying necklines, sleeve styles and lengths.
- Jackets (casual style, light neutrals for layering over coloured tops)
- Latest fashion accessories

Colours for Workable Wardrobes

- White (*wear it against your face to take 10 years off!*)
- Cream & Soft Nudes
- Light Greys & Silver
- Black, Charcoal & Navy
- Learn to *accessorise* with colour

Beware

Too many prints
Bright colours that have been “muddled”
(especially dark reds & dull greens)
Choose clear, definite colours (but not too many)

SHOULD IT STAY OR SHOULD IT GO?

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So, tell me...

