

New Year...New You!

As another year begins, most of us like to reflect on the past and vow to make changes for the future. This column is about manifesting change through your approach to your wardrobe.

The first thing you'll need to do is take inventory of the clothing items you already have in your closet. Literally take everything out of it if you can. This will be a great weekend afternoon project during our harsh winters. Next, make signs that say KEEP, DONATE and TRASH and scotch tape them to empty boxes or bags. This will really allow you to get down to the *'nitty gritty'* of your fashion favorites. Finally, copy the category list below on a piece of paper or [download this PDF document](#). Remember to list only the items you are definitely going to keep such as:



Outerwear (For example, 1 black parka, 1 wool overcoat, 1 brown leather bomber jacket, etc. You may also note how often it was worn. This may help you determine whether it is indeed a "keeper".)

Suits/ Jackets

Skirts

Slacks

Jeans

Sweaters/Sweatshirts and hoodies

Blouses/ Shirts

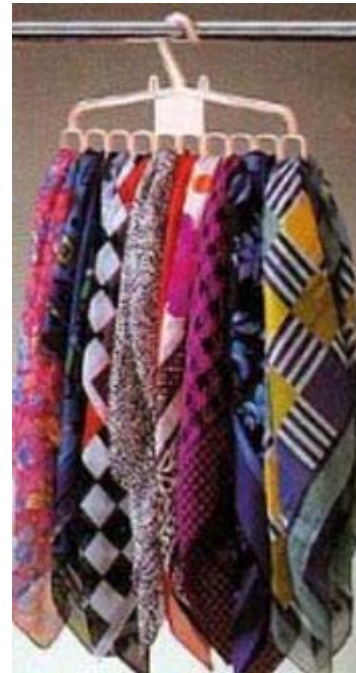
T-shirts

Shoes

Scarves and soft accessories (Shawls, ponchos, etc.)



This basically covers most of the things many of us have in our closets. You may not realize how many of these clothes are duplicates, do not fit correctly or are simply not worn. That is why it is so important to take this inventory. By looking at what you own makes it easier to see what you could donate, what should be trashed and what needs repair.



If something indeed does need alterations and/or repairs make it a priority. If it has been on your, *"I'll get around to it"* list for any length of time, you probably don't need it. Now is the time to take action and take charge!

As you sift, sort and take stock, see if you are a "matcher" or a "mixer". If you have a lot of single outfits that do not work with other items in your wardrobe, now is the time to figure out what you would need to incorporate them into many looks.



When listing your clothing keep in mind how many times you wore it in the last year and whether or not it is a **'go to'** item. A **'go to'** item is one that is always appropriate for many occasions and is worn often throughout the year.

Hanging on to a perfectly good coat, or dress that you have only worn once, or bought "on sale", is not a good reason to put it in your *keeper* pile. As you go through your clothing collection only place back in the closet the things that you have determined are **'go to'** items. This doesn't mean that you can't add more things back in, but it does imply that you cast a critical eye first on the pieces that you can't live without.

Once this is done you can see by your list what you have more of, less of, or even none of! It will also help you see what items you should add to the mix.

Now would also be a good time to see if your closet works for you. What does that mean? It means does it hold what you need it to. Goodwill Store and Donation Centers are a great place to find bins, storage containers, baskets, hangers, and yes, even suitcases that can and may be used for storing seasonal clothing like summer tops, skirts, dresses and accessories. An organized closet is indeed a thing of beauty!



Reward yourself by taking a trip to the Goodwill Store and Donation Center nearest you to donate, and then head on into the store to "rejuvenate" your new look!