

Out With The Old!

That time of year where resolutions reign supreme has arrived. With that said, have you resolved to take stock of your clothing inventory? If not, let me give you some practical advice. Goodwill Retail Stores & Donation Centers are THE place to take your usable, ill fitting or unloved fashion. Do you ever ask yourself why you're keeping all those items you no longer use? I will give you my foolproof tips for reducing, re-using, re-purposing and re-energizing you AND your wardrobe by following my easy steps.

1. Be Prepared to do battle! Make sure you have all of your clothing and accessories in one room for easy access.
2. Gather materials. Get boxes and/or bags that can be marked: TRASH, DONATE, KEEP.
3. Get a second opinion. Have a friend whose fashion sense you totally trust come over to help you navigate the enormous task of what really does flatter you.
4. Be ready to take your "big girl pill"! Meaning, listen to their critiques with an open mind and be ready to purge and plunder.
5. Make a list of practical items everyone needs in a well-rounded wardrobe. Start with outerwear, jackets, suits, tops (including blouses and sweaters); bottoms (including jeans, slacks, and skirts); dresses, shoes and accessories.
6. Be realistic. Dress the body you have, not the one you had last year, or 5 years ago, or the one you want in the future. The body you have now is the one that needs your attention!
7. Try on everything. Of course, I don't mean t-shirts and such, but everything else that you might wear on a consistent basis.
8. Get rid of anything that you have not worn in over a year. (This should go without saying.) If you have not found the occasion to wear it in a year, then exactly when will you be wearing it?
9. Get rid of anything that needs repair. Or take it to a tailor, or your mom who



sews, or anyone who can fix it. If you don't know anyone who could repair it, donate it. If it's beyond repair, into the trash it goes. I have found so many things that just needed simple sewing on the seams. For example, I found a great Harrods London wool jacket with a torn lining at the Goodwill store near me. I promptly repaired it and wear frequently. But if that's not you, please retire that piece!

10. Do not worry about what you spent on an item that you have not worn. In the end, it should always be about whether you actually wear an item and whether it is indeed flattering to you.
11. Make outfits. When trying things on to determine their value to your wardrobe, think about how many other items you can team with it. Remember a closet full of "statement" pieces just doesn't work if you don't have anything to wear them with!
12. Trust your judgment and that of your accomplice. Cleaning the closet not only feels good, but also allows for a shopping spree. Once you know what you own, you will know what you need!

Bring all your clean, bagged and boxed items to the Goodwill Retail Store & Donation Center near you and conveniently donate them to help support the programs in your own community. Then, head into the store with your list in hand of what you need to renew your wardrobe and start shopping! Doing good for others and doing yourself a favor has never been out of style, so have a "Happy RENEW Year!"

