

7 DAY
style reset

DAY 4

SAME CLOTHES, NEW WAY

Usually, when people say "I have nothing to wear" what they really mean is "I always wear the same thing the same ways and I'm tired of it." Therefore, the next step in your Style Reset is to start using the clothing you already have in a new, creative way.

A Style Reset isn't just about the clothing in your closet. It's about resetting your mindset and how you think about the clothes in your closet. Most people think in "outfits" and once they find an outfit combination that they like, they have a really hard time thinking about the individual pieces that make-up that outfit in a new and different way. Today, we're changing that!

Today's exercises are going to challenge you to think about the clothing that you already wear in a different way. We will be using the three pieces of clothing you pulled yesterday for the exercise. But, before we dig into your task I want to share a couple of tips with you.

Tip #1

Think about your wardrobe as individual pieces -- not outfits -- that build a cohesive wardrobe. Each piece serves a purpose and tells part of your story. Each piece can be mixed and matched with other pieces to keep your style story going. You want your wardrobe pieces to be related to each other but not necessarily the same. If your closet was a family, some pieces would be siblings and others cousins. There will be pieces that more closely relate to one another but they are ALL a part of the same closet family.

Use the "Rule of Three" to help you evaluate your current wardrobe AND any new pieces you might add.

Tip #2

The Rule of Three: Can this item be worn three different ways or with three different items I already own?

Daily Tasks

TAKE WHAT'S OLD AND MAKE IT NEW

Go and grab your three pieces that you pulled yesterday. For each piece you pulled, I want you to create a new outfit using each piece as a foundation for a separate outfit.

Remember:

- Each outfit should be something you have NEVER worn before. That means you'll have to think about the other clothes in your closet in a new way.
- If you pulled something like a dress or jumpsuit, remember that shoes, jewelry and other accessories can help make your look new.
- Think about adding layers to your look. One of the easiest ways to remix an outfit is by adding a layer like a jacket or vest over something or a blouse or turtleneck under something. Think about creative ways to add additional layers to your looks.
- Each look should be intentional and call back to your ideal style aesthetic. Do not build an outfit just to build an outfit. Be thoughtful about what you want your outfit to convey and how it ties back to your ultimate personal style.

MINI CLOSET DETOX

Here are today's mini Closet Detox steps:

STEP 1: Go to your closet and/or dresser and pull out five (5) pieces of clothing you haven't worn in the last 6 months

STEP 3: Sort the items into your "Sell," "Donate," "Upcycle/Recycle," or "Trash" bags/bins.

STEP 3: Walk away

That's all for today! Remember to complete your Daily Tasks checklist. See you tomorrow!

Daily Task Checklist

- Watch Day 4 Video Message
- Download Day 4 PDF Worksheet
- Complete Day 4 PDF Worksheet
- Go to the FB thread and tell us about one (1) of your new outfits
- Bonus entry: Post a picture of your new ensemble