



## DAILY AFFIRMATION

Every time I look in the mirror  
I am proud of what I see. I  
hold my head up high and  
walk confidently into every  
room I enter.

day 5  
STYLE  
C H A L L E N G E  
SHIFT  
with erika

## CONTINUING TO BUILD A COHESIVE WARDROBE

Today's focus is all about diving more deeply into building a cohesive wardrobe. Now that you are familiar with the "Rule of Three" you can continue to detox and edit your wardrobe in a more thoughtful fashion. The "Rule of Three" comes in handy both when you're cleaning out your closet and ALSO when you are shopping.

Today is Day 5 of the program, so you've likely had a moment where you thought "it would be GREAT to have this in my closet." What you just did is identify a gap in your wardrobe. Most of us have gaps in our wardrobe. I, for example, don't own any cowboy boots. It's a wardrobe gap, but not a really important one.

The wardrobe gaps we are going to focus on identifying have to do with wardrobe essentials. These are foundational items that can be worn dozens of different ways and help lay the groundwork for a cohesive wardrobe.

# Daily Tasks

## DOWNLOAD “WARDROBE ESSENTIALS + INVENTORY”

Today, you're going to get a FREE copy of my workbook “Wardrobe Essentials + Inventory” to use to help you identify gaps in your wardrobe.

Visit <https://yourchicisshowing.com/style-shift-essentials> and download your free copy of the “Wardrobe Essentials + Inventory” workbook.

To access the workbook, please use the password: SHIFT2021

This is a tool that you can use at any time -- today with your tasks, after the program is over, or six months from now. It's totally up to you but will be really helpful as you continue to build your ideal wardrobe.

***Please do not share this link or password with anyone. Program members who do so will be immediately removed from the Style Shift Challenge.***

## REMIX YOUR WARDROBE ONE MORE TIME

Go and grab your three pieces again. For each piece I want you to create another new outfit that is different from yesterday's.

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.

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- 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**

And we're done! Remember to complete your Daily Tasks checklist. See you tomorrow!

# Daily Task Checklist

- Watch Day 5 Video Message
- Download Day 5 PDF Worksheet
- Complete Day 5 PDF Worksheet
- Post on Facebook and tell us which essential item you are most excited about incorporating into your wardrobe