

WHAT CLOTHES DO YOU NEED?



E-GUIDE

INTRODUCTION

Congratulations! You just got your hands on an E-Guide that will help you discover the clothes you actually need in your closet, completely tailored to your lifestyle.

We often believe that we need far more clothes than we actually do. This mindset leads to wasting money on items we rarely wear and managing an unnecessarily large wardrobe. By streamlining your closet to only what you need and love, you can own and manage significantly fewer clothes and stop constantly shopping!

Understanding your wardrobe requirements is the first step in paring down your closet. Once you're clear about what clothes you need, you can start piecing together outfits based on those needs.

Why outfits? When you create outfits, you are able to get ready easily every morning, only own what you need and shop less.

To get a good understanding of what clothes you actually need in your closet, take the questionnaire below.

WHAT CLOTHES DO YOU NEED?

Getting clear on what clothes you actually need for your current lifestyle will help ensure you always have outfits ready to go. Below are twelve sections to answer 'yes' or 'no' to determine what clothes you actually need in your closet.

WORKWEAR

Do you need specific clothes for work? This could include business formal or business casual attire, as well as uniforms or scrubs. If you require separate work clothes, then the answer is yes.

YES | NO

DRESSY WEAR

Dressy wear falls between casual and formal attire. It's suitable for occasions like dinners out, birthday parties, or work events where you want to appear polished and put together. A helpful tip: Some of your workwear items may also double as dressy wear!

YES | NO

CASUAL WEAR

I would argue that everyone needs a casual section in their wardrobe. Some may have a more dressy casual style, while others prefer a more laid-back approach (such as athleisure). But for most of us, the answer is yes.

YES | NO

FORMAL WEAR

Most of us find ourselves attending formal events every once in a while, whether it's a wedding, a funeral, or a celebration. It's essential to have at least one or two formal outfits in your closet to avoid scrambling to find something last minute.

YES | NO

ACTIVE WEAR

Do you require specific clothing for exercising? This could include attire for streaming workouts, attending classes, going to the gym, or engaging in sports such as golfing or skiing. If you exercise and need separate clothing for these activities, then the answer is yes.

YES | NO

LOUNGEWEAR

If you prefer to change out of your work clothes when you get home and you want transitional clothes that aren't your pajamas, having a loungewear set might be suitable for you. Circle 'yes' if it's something you currently have or might want to get.

YES | NO

SLEEPWEAR

We all sleep! Whether you prefer an ironed silk matching pajama set or an old charity run t-shirt, having sleepwear in your closet is essential. So unless you sleep in your birthday suit, the answer is yes.

YES | NO

OUTERWEAR

If you live in a climate that experiences more than one season, having outerwear in your closet is essential. Be mindful of requirements for cooler evenings or varied weather conditions when you travel.

YES | NO

TIP

I always suggest investing in beautiful and comfortable sleepwear. It's one of life's little luxuries. After all, you spend a third of your life sleeping!

ADDITIONAL OUTFITS

Now that we have the basics covered, it's time to get specific. Having go-to outfits for the cottage, beach vacations, hobbies, or any other relevant occasions can make getting ready and packing significantly easier. Make note of which additional areas apply to you.

VACATIONS

Do you take annual vacations every year, and does it take you days to pack? Consider creating outfits for the pool, dinners, and day trips. With pre-planned outfits, you'll be able to pack in minutes and skip both the stress and the mall.

YES | NO

HOBBIES

Do you have hobbies that require specific clothing? Consider activities like volunteering, sailing, or painting. Make sure you have pieced together what to wear so you don't feel out of place or rushed on the day of.

YES | NO

COTTAGE

Do you spend weekends at the cottage? Do you enjoy camping or have an annual summer vacation by the lake? Make sure to create cottage-specific outfits for activities like boating, dock hangouts, and bonfires!

YES | NO

EXTRAS

Is there anything you do that isn't in one of these categories that requires specific attire? Write it down below and make sure to include it in the categories of outfits you need.

OTHER

TIP

Putting in the time now to create timeless outfits for specific occasions will save you from the stress of having to find something last minute. When pressed for time, people often settle for items that are 'good enough' instead of something they truly love.

WHAT'S NEXT?

Once you have figured out what clothes you need, you can begin creating outfits based on those needs.

The full Closet Course will teach you how to go through your clothes and create and style outfits according to your current lifestyle. You will learn everything from creating outfits that work for multiple occasions to finding your outfit inspiration and knowing exactly what pieces to add, if any.

You will discover what to donate and what to store, how to properly organize your closet and how to maintain it.

You will also learn all of the incredible benefits that come with this system, including getting ready quickly, looking your best effortlessly, making use of your entire wardrobe and packing for trips faster!

I will answer all your questions, from seasonal and holiday wear to navigating your closet if your size has changed. Additionally, I'll provide guidance on what to do if you have too many clothes and how to keep your wardrobe up to date without being a slave to fashion.

And the beauty of this system is that you only have to do it once, and you can reap the benefits for the rest of your life!

To find out when the next Closet Course launches, visit www.theclosetcourse.com.