

7 RULES FOR WARDROBE DECLUTTERING

KEY QUESTIONS

1. DOES THE ITEM MAKE YOU HAPPY?

Does it feel comfortable?

Does it fit well?

Does it suit your authentic style?

Does the fabric feel good?

2. HOW OFTEN DO YOU WEAR THE ITEM?

3. DOES THE ITEM ALIGN WITH YOUR VALUES?

What do you spend your time doing?

Where do you spend most of your time?

What will you be doing in 5 years?

What are your wardrobe values?

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4. WHAT IS THE CONDITION OF THE ITEM?

Will you repair it in the next 48 hours?

Will you have it tailored?

5. IS THE ITEM VERSATILE?

Can you make three outfits with the item?

ANALYSIS

6. COMPLETE AN ANALYSIS OF THE DISCARD PILE

Are there recurring styles?

Are there recurring colours?

Are there recurring brands?

What types of items will you avoid in the future?

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CONSIDERATIONS

7. DISCARD MINDFULLY

Sell or gift in your local community

Sell or gift online

If damaged, repair or recycle

Use donation as a last resort

8. WARDROBE ORGANISATION

Make sure all items are visible

Make sure all items are easy to access

Avoid storing seasonal items

Reduce storage