



Wardrobe Workout



Now this is the fun part! (Actually it's all fun, but this is the bit that brings it all together.)

Do you open your wardrobe door and despair? Not because there is nothing there but because there is too much choice. The old cry of, "I've got nothing to wear," simply means that we don't know what to choose.

There are often things in our wardrobes that don't belong there. And I don't even mean your clothes!

They become the general storage place for all sorts of things like tennis racquets, Christmas wrapping paper, and old mementos. The best thing is to de-clutter. Really de-clutter. And you'll feel marvellous afterwards, I promise you!

Then there's your clothes. I bet there are some in there that you never wear. You're not alone. That's life. But it's so much better when someone comes along and helps you to sort it all out.

There are items of clothing that you'll never wear again but you can't bring yourself to part with it because you're emotionally attached to them – perhaps someone you love gave it to you, or perhaps it reminds you of a happy occasion when you wore it. That's where having a professional come in is of a great help to you. Someone who can be objective and has no emotional attachment to your clothes.



If you want to keep these items, fine. But just not in your wardrobe! Move them to the spare room, the garage or some other place. The key is to have only things in your wardrobe that you wear NOW! That's de-cluttering. So liberating. Such fun.

How wonderful to open the wardrobe door and know you can wear anything that's in there. So easy!