

Your Weekly Wardrobe Jazz

SIMPLICITY, PART 1: TRUTHS FROM YOUR HISTORY

For you to have a wardrobe that is so easy and so flattering that you love getting dressed every day.

After 30+ years doing what I do, I have finally articulated my mission statement. One of the things I discovered along the way is that simplicity may be the most difficult to achieve of all factors in life! It took me a very long time and a lot of looking inward and outward to come up with a truth for myself that works in all situations and guides all that I do in my business.

Looking from that point of view, this week we are going to take a look backward, for some of your TRUTHS. The exercise is to determine just how much of your mental real estate, and closet real estate, is taken up with TRUTHS from your history with fashion, culture, family, and the stuff you make up when you are in a certain frame of mind. Here are some questions for you to ponder, write down answers if you wish, and peruse your closet with them in mind. The point is to notice what's going on when you choose clothing to buy or put together an outfit. That's the whole assignment this week. Next week there will be another set of questions on the path to simplicity.

1. Where did you grow up? Farm, Small Town, City, Suburbs?
2. What were the cultural norms on shopping and clothes?
3. When did you first make a major clothing purchase and for what occasion?
4. How did your mother, or other "influencer", dress when she was the age you are now?
5. What has been your guiding philosophy when buying clothes: (Use these examples and add your own thoughts on the matter).

- ✚ More is more, purge is a dirty word.
- ✚ Less is more, I purge all the time.
- ✚ Cheaper is better, I hate spending money on clothes.
- ✚ I buy on sale or not at all.
- ✚ I will "settle" if the price is right.
- ✚ Full price is the only way to go, I don't like leftovers.
- ✚ First, I have to love it, price is secondary.

What relationships do you see between the first four questions and the fifth one? Have some fun with this one and be sure to share your thoughts in the comments!

Style has no size, age, or price tag!