

Your Weekly Wardrobe Jazz

Simplicity: What I Know For Sure

The great Coco Chanel had this to say about simplicity, "Elegance is refusal." Sure, there are some areas of life/wardrobe where you will settle but there are lines you refuse to cross. To get to what's true for you now, is the task this week. Here are some examples taken directly from my clients:

I will not, under any circumstances, wear pink*No matter what, I will never again wear high heels*I will no longer color my hair*No shorts, ever*I will never go without shapewear*I will not show cleavage – I turn my t-shirts backwards*No closed shoes*No pantyhose*No long gowns*No full skirts*No sleeveless tops*No short skirts*No skirts*No long sleeves*No jackets*I will not wear jeans*I will not wear fur*I will not buy fakes*I will never pay full price.

You begin to get the idea, right? These women have lived enough and learned enough about themselves to refuse a lot of "should's" and "you are supposed to's."

I REFUSE!

Now I invite you to make your list of I Refuse! Consider them as acknowledgement for having enough history and probably having committed a few monumental bloopers so that you have come to these present time truths. You may be surprised at just how savvy you have become.

I REFUSE TO...

Oh, FUDGE!

Now let's talk about crossing the line, the places in your wardrobe that you "fudge." You know you shouldn't but... ummmm, sometimes, you do it anyway. Examples, also taken from experiences with my clients:

Buying jackets that won't close*Puff sleeves*Colors that are totally wrong*Too tight anything*Too bare anything*Accepting castoffs from friends or family*Wearing old ratty clothes*Clothes that wrinkle in all the wrong places*Clothes that require maintenance you know you won't do*Shoes that are the wrong size or hurt your feet*Cheap fabrics*Buying clothes you don't LOVE passionately*Anything from your I Refuse! list.

Now for your list. Hint: If you are unsure of what goes on this list, these are the clothes that you buy and don't wear or the ones that you do wear but feel self-conscious the or in pain entire time you have them on.

I NEED TO STOP BUYING/DOING/WEARING THIS...

As you work through your I Refuse! and Fudge lists you may get some ah-ha's. For instance, why would you have any I **Refuse!** Items in your closet? Feel free to purge liberally.

Great style has no size, age, or price tag!