

Your Weekly Wardrobe Jazz

SIMPLICITY: PART 3, MY FAVORITE OUTFIT

There is that perfect outfit – the one that says, “I’m on my game.” “I’ve got this.” “When I wear this, I feel powerful.” “When I wear this, I can just get to work, no attention on my clothes. OR, when I wear this, I’m ready for fun, a party, etc. There is much to be said in favor of uniforms, but in this case, it’s your very personal uniforms. Uniforms are a type of discipline, and that discipline also brings with it the freedom to say NO to anything that is less than perfect for you. Start by referring to your [3 Secret Words](#) and then read on.

Right now, tell me your favorite outfit. What makes it your favorite? Here’s my checklist for what makes a favorite:

Comfort: You can wear it without having to hold in your tummy or constantly adjust the fit, you put it on, and you look right for you, and you feel right for you, in fact you feel amazing. It doesn’t make your feet hurt.

Style: It’s got to be timeless, that means it looked good in the 70’s, 90’s and right now. Think, wrap dresses, blazers and cardigans, V-neck sweaters or overblouses, slim or slightly flared skirts or pants. Caution: prints are dicey – they go in and out of fashion so be aware that you will have to update them more so than solids or stripes. Stripes are easier, if they look good on you.

Color: Your best neutrals, your best accent colors, not weird or trendy, unless that is who you are. NO JUDGEMENT HERE!

So, here’s the crux of the matter: ALL your clothes could be your favorite outfits. It takes discipline, vigilance and commitment to what’s best for you. Here are some ideas you must conquer:

The temptations of the sale rack: You buy it something great on sale, only problem is that it’s not great for you.

The guilt inducing, “It’s a little out of my price range.” If you are buying only the good stuff, paying a little more won’t matter. Your cost per wear can get almost to zero.

Settling: This one is the worst. You go shopping and don’t want to come home empty handed so you buy something that is ok, or even almost ok, but definitely not wonderful.

Mistakes: We all make them but how do you handle them? Return the item if possible or donate, sell or give away if you can’t return, leave it in the back of the closet, wear it even if it doesn’t work for you. Hmm, if this is one of your issues, only buy at stores with generous return policies and use them. Or, if you refuse to make returns, get them out of your closet quickly!

Finally, looking great, all the time, takes work up front, getting the right clothes, refusing the wrong ones, getting them tailored, correcting mistakes quickly. After that... well then you have the fun of effortless dressing, every time you get dressed. And there are also the tons of compliments to look forward to:

- ♥ “You look amazing!”
- ♥ “How do you manage it? You always look fantastic!”
- ♥ “Where do you shop? Everything you have is wonderful!”
- ♥ “I want to look just like you! I love everything you own!”

Most of all you will have the pure joy of loving the way you look, every time you get dressed!

Style has no size, age, or price tag!