



Week 3 - CLOSET CALM

Week 3 - CLOSET CALM (Pep Talk & Questions)

You deserve clothes that fit your body and your life right now. Not five years ago. Not "someday." Not when life slows down.

A simplified closet is not about owning less for the sake of owning less. It's about reducing decision fatigue and making daily life feel easier. Your closet should support you, not shame you.

Before Reflection Questions

- How do I currently feel when I get dressed?
- Which clothes make me feel confident and comfortable?
- What am I holding onto out of guilt or fantasy?
- What would make mornings easier?



After Reflection Questions

- Which items did I repeatedly choose to wear this week/month?
- How did it feel to have fewer choices?
- What clothing no longer reflects my life?
- Did simplifying my closet reduce stress or laundry overwhelm?



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Weekly Theme: Make getting dressed easier.

Remember: Your closet should support your current life, not your fantasy life.

Challenge: Simplify your closet for your current season of life.

Focus Areas:



- **Monday:** Declutter all clothing that doesn't fit, stained, you don't reach for or feel good in.
 - Tops, pants, shorts, T-shirts, dresses, skirts. This is a big day!
 - Put all clothes on your bed in basic categories: tops, bottoms, dresses
 - How much do you need to reduce your inventory by so it will fit comfortably in your closet?
- **Tuesday:** shoes & belts (do you need more than 3 belts?)
- **Wednesday:** Purses, bags, wallets (do you need more than 3 purses?)
- **Thursday:** jewelry/accessories/sunglasses & athletic wear
- **Friday:** jackets, coats, vests (winter wear like mittens,/gloves, hats, scarves)
- **Saturday:** Undergarments, pajamas, bras, underwear & socks
- **Sunday:** Swimsuits, coverups, hats + **donation drop off day!**

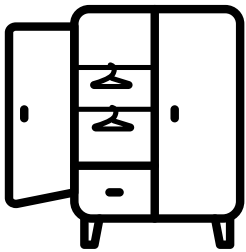


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Checklist

Simplify Your Wardrobe

- ☐ Pull out favorite everyday outfits
- ☐ Remove clothes that don't fit
- ☐ Remove uncomfortable clothing
- ☐ Declutter worn out basics
- ☐ Declutter shoes you never wear
- ☐ Declutter bags/accessories/purses/belts
- ☐ Create a donation pile
- ☐ Create a "not sure yet" bin



Create Closet Ease

- ☐ Organize favorite items front and center
- ☐ Simplify laundry loads
- ☐ Create easier outfit combinations
- ☐ Try the "wear your favorites" experiment
- ☐ Remove at least 10 clothing items

