

# Top Ten Tips to Clean Out Your Closet

Cleaning out your closet can be overwhelming. You may think to yourself “I don’t NEED to clean out my closet” but actually it’s a good idea to do it at least once a year. Cleaning your closet is a great way to make room for new items, move pieces over for a new season, check to see what’s looking worn, make sure everything fits, and/or to do a quick check on what you need the next time you go shopping.

- 1 Figure out what you’re wearing and what you’re not. For 30 days every time you wear something turn the hanger around backwards. After the 30 days look at your closet and asses all the items you’re not wearing.
- 2 Start with a small section of your closet or set a timer for 20-30 minutes. Doing things in small increments can seem easier to handle.
- 3 Ask yourself, when was the last time you wore the item? If it’s been more than a year it may be time to let it go. There is a reason you’re not wearing it.
- 4 Take out the items that appear faded, worn or pilled, and/or have holes. Time to let them go.
- 5 Store items that are seasonal or for special occasions in one area together. It can be in one section of your closet, in another closet, a box or bin, or the garage. Make sure to store them properly so you don’t end up with moth holes.
- 6 Remove all items that need to be tailored (shortened, lengthened, mended, etc...). Take them to be tailored. If you find after 30 days you haven’t taken them it may be time to let them go.
- 7 Does it FIT the body you have NOW (not the body you want). If the answer is NO then it may be time to let it go. Realistically, when you lose weight, get back the body you want, etc...you still may not be able to fit into the item because our bodies change and not everything goes back to the same place.
- 8 Ask yourself, do you LOVE the item? If it’s sitting in your closet and you haven’t worn it in a while do you LOVE it is a fair question. How does it make you feel? Do you feel AMAZING in it? Do you like the way it fits in the arms, at the waist, the length? If something fits properly and do you feel good in it keep it. Otherwise it is likely time to let it go. There is a reason you are not reaching for it when you get dressed.
- 9 As you go through your clothes ask yourself if you can you easily mix and match the item with other pieces?
- 10 Find a local shelter and as you go through your items remind yourself there is someone out there right now who could REALLY use your castaways and would love them.

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