



Finding Your Style: A Guide to Loving What You Wear

Let's be honest, figuring out what to wear can be a real struggle! For a long time, I focused on blending in instead of expressing myself. There have even been more than a few times that I turned down invitations because I didn't feel good in anything that I had to wear.

That's when I realized something: the way I dress has a bigger impact than I thought. It affects how I feel about myself and how I interact with the world. So, I decided to make a change.

I think this is something that a lot of us face and it shouldn't be that way. This is what worked for me then and still works for me now.

Ready to Love Your Wardrobe?

Here's how I started:

Make it Fun! Set aside some time to really focus on this. Be intentional about feeling calm and accepting of the body that you're in. Make sure that you're not doing this on a day when you already don't feel good in your body, a calm and peaceful mood is a must. Put on some good music, grab a drink, and get ready to have some fun. When I do this, I wear a good bra, cami, and undies so that I already have the right undergarments on when trying on most things.

Wardrobe Wellness Check: Go through your clothes one by one. If something makes you feel "meh" or "ick," it's time to say goodbye. No guilt, just goodbye. If you're unsure, try it on and see if you can imagine yourself rocking it. When I do my own wardrobe, I'm careful to be honest but also not too hasty. If I feel like I might find the right way to wear something that I'm currently unsure of, I keep it but make either a mental note or a note in a journal about finding the right way to style it. Listen to your gut!

Tidy Up: Give your clothes some love! Iron, steam, and lint roll the items that need it. There have been far too many times that I have chosen not to wear an item because it was too wrinkled and I didn't have time to iron or steam it.

Outfit Inspiration: Look at what you have and see what's missing. Do you have those perfect pants that need a new top? Make a shopping list to complete your looks.

Organize Your Space: Reorganize your closet so it's easy to find what you love. I color code mine. I also put the very obviously out of season items in the far back of the closet. I do keep short sleeve and long sleeve tops in the main area of the closet at all times because there are times throughout the entire year that I would wear these items regardless of the temperature.

Be Kind to Yourself: This is all about self-discovery. Be patient with yourself and remember to celebrate your progress! This is where unkind self talk can hijack the entire process and keep you feeling stuck.

Tech to the Rescue: There are some awesome apps out there to help you plan outfits and track your wardrobe. I personally love Cladwell – it helps me be more intentional with my clothing choices. I have also found a lot of great information in an app called Outfit Formulas. They're both pay apps but I feel that they more than pay for themselves in the amount of shopping that I don't do as a result of using them.

Finding your style is a journey, not a race. Have fun with it, experiment, and most importantly, wear what makes you feel confident and amazing! This is an important journey, this is the way you show up in the world around you. You deserve to feel good.