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CHECKLIST FOR REVIEWING YOUR WARDROBE

Use this checklist to help you to review your wardrobe. Answering the questions honestly will help you to limit your wardrobe to an acceptable level that will fit in your storage space. At the same time your wardrobe will be streamlined to those items (clothing, shoes and accessories) that truly support your current lifestyle, image and sense of well-being.

- Lifestyle – Does the item fit my current lifestyle?
- Fashion – Is the item still fashionable or is it outdated?
- Fit – Does the item fit me now? Is it likely that it will fit me in the next 6 months? If not, it is likely to sit in my cupboard taking up space and never being worn?
- The look – Does the item really flatter me? Does it accentuate my best features and hide the rest?
- The clothes you love – Do I really love this item? Or have I always been a bit unsure about it?
- Special occasion items – Which of these items do I really love? Which am I likely to wear in the next year?
- Repeat items – Do I have too many of one type of item? How many do I really need? The shoes and handbags come in here!

It has been said that we wear 20% of our clothing, 80% of the time. So this is an opportunity to decide which of your clothes fit into the 20% bracket, and which of the remaining 80% you really no longer need.