

Tip of the Week



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October 15, 2007

Changing Seasons in the Closet

The days are getting shorter, it is cooler outdoors, and it is time to find different clothes in the closet to wear. There is no better time to clean a closet than when the seasons change. One principle to keep in mind is that the 80-20 rule applies- most of us wear 20% of our clothing 80% of the time.

So, how does a person decide what to keep and what to get rid of or donate to a worthy cause? As you wear clothes repeatedly in the new season, re-hang those clothing articles on one end of the closet. Once you begin to see which clothes are your favorites (they end up on that one end of the closet), resolve to get rid of those articles that are not being worn, or the clothes that are delegated to the 'other' end of the closet.

Now that you have weeded out those clothes you do not seem to wear, further organize your closet by grouping similar colored garments together. Finding a combination from a color group may make it easier to spot something to wear. Thinking of the color groups at home in your closet, makes buying clothes easier too. Adding a piece to a color group means you could wear the new article in several different ways using the clothes you already have in the closet. Your basic brown, black, gray pants and skirts can be hung together and moved in and out of the different color groups you have in front of you or maybe brown is one of your color groups.

For some, figuring out what to wear in the morning sets the tone for the day. Some of these simple strategies may help you get your day off to a great start!