THE CURATED EYE

THE 5-QUESTION *Style Edit Checklist*

KEEP WHAT YOU LOVE. LET GO OF WHAT NO LONGER SERVES YOU.

1



IS THE GARMENT DAMAGED OR WORN OUT?

Whether it has holes, is discoloured, or simply doesn't fit anymore; if you can't fix it, IT GOES.

Sizing matters too. If it doesn't fit you now, replace it with the right size — or choose a piece that suits you better.

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If it's damaged, worn out or doesn't fit...

LET IT GO.

2



HOW OFTEN DO I WEAR THIS GARMENT?

The easiest way to answer this question is to divide your garments by season.

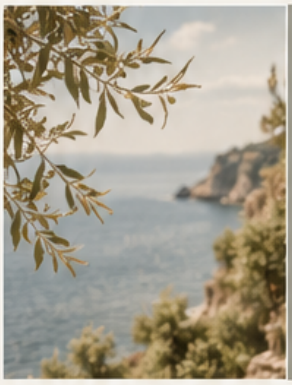
It can get overwhelming if you try to deal with all of your clothing at once. Then go through each piece and ask yourself:
How often do I wear it? Did I wear it last season?
How often is it in my weekly rotation?

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If you rarely wear it...

IT'S TIME TO MOVE ON.

3



WHAT IS MY LIFESTYLE NOW?

It's nice to think about "Who we want to be" or "what do we want our lifestyle to be" and try to dress for it.

But if you live in a region with seasonal climates and your dream is to live in a region that offers 300+ days of sunshine and heat; the two worlds are not compatible.

DRESS FOR THE HERE AND NOW!

The excitement will come when you are living your dream life and can find new clothing to match it.

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If it doesn't fit your current lifestyle...

LET IT GO FOR NOW.

4



DOES THIS GARMENT REPRESENT MY CURRENT STYLE AND IDENTITY?

Whether you are just starting your journey or feel like you have lost yourself while going through or after a life transition; it is always good to ask the question.

The answers can influence the adjectives we use to define our style — and shape the type of clothing, fabrics, colours and silhouettes we choose.

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If it no longer feels like you...

IT'S TIME TO REASSESS.

5



HOW MANY OUTFITS CAN I MAKE FROM THIS GARMENT?

As a rule, you should be able to create 3 outfits from mixing and matching other pieces from your wardrobe.

If you aren't asking this question before making purchases, then you will end up with a lot of nice pieces in your wardrobe, but will have nothing that adds value.

The garment is not working for you when you are working hard to put together an outfit.

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If you can't create at least 3 outfits...

IT'S NOT WORKING HARD ENOUGH FOR YOU.

A MORE INTENTIONAL WARDROBE = A CALMER, CLEARER YOU

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