

HOW I WOULD REBUILD A WARDROBE FROM SCRATCH?



@THECURATEDEYE

STAGE 1: DECLUTTER

USE THE 3 PILE METHOD
(Keep, Donate, Think About)

Ask the following questions as while you
are working through:

1. Is the garment damaged or worn out?
2. How often do I wear this garment?
3. What is my lifestyle NOW?
4. Does this garment suit represent my style and identity now?
5. How many outfits can I make with this garment?

STAGE 2: BODY EXPLORATION

Spend time researching your body shape, type and silhouette.

Try researching various sources to find your body shapes, types and silhouette.

1. Basic Shapes (i.e. oval, rectangle, etc..)
2. David Kibbe (based around bone structure)
3. Christopher Hopkins: The Makeup Guy's book "Staging My Comeback"
(How to use your body measurements to find your body type)

STAGE 3: TRY AGAIN

RE-TRY THE GARMENTS YOU HAVE
KEPT IN YOUR WARDROBE

Use a full length mirror to check how a garment falls on your body.

1. Can you see a difference from before?
2. Does the cut and tailoring of the garment fit your body in the right places?

If the answer is “YES”,
to question 2,
then it is a keeper.

STAGE 5: DECLUTTER AGAIN

TRY ON YOUR KEEP ITEMS ONCE AGAIN FOR COLOUR COMPATIBILITY.

1. Using a full length mirror. Try on your garments.

Do you see a difference in how the colour compliments your skin tone based on what you have discovered?

Skin tone, eyes, hair and the contrast (high, medium and low) between those 3 elements need to be taken into consideration.

The right hue also needs to be considered.

SILHOUETTE & COLOUR

HOW TO FIX THE BASIC “OFF” FEELING OF AN OUTFIT

Investing time In yourself to find your body type and silhouette and your right colours will make a huge difference in many ways.

1. Reduced stress in getting ready for the day or occasion.
2. Easier to **say “No”** to clothes you know won't suit you when shopping.
3. You will find that you will have less clothing pieces in your wardrobe that can be coordinated into **MANY** outfits.

CURATION

THIS IS JUST THE
BEGINNING.



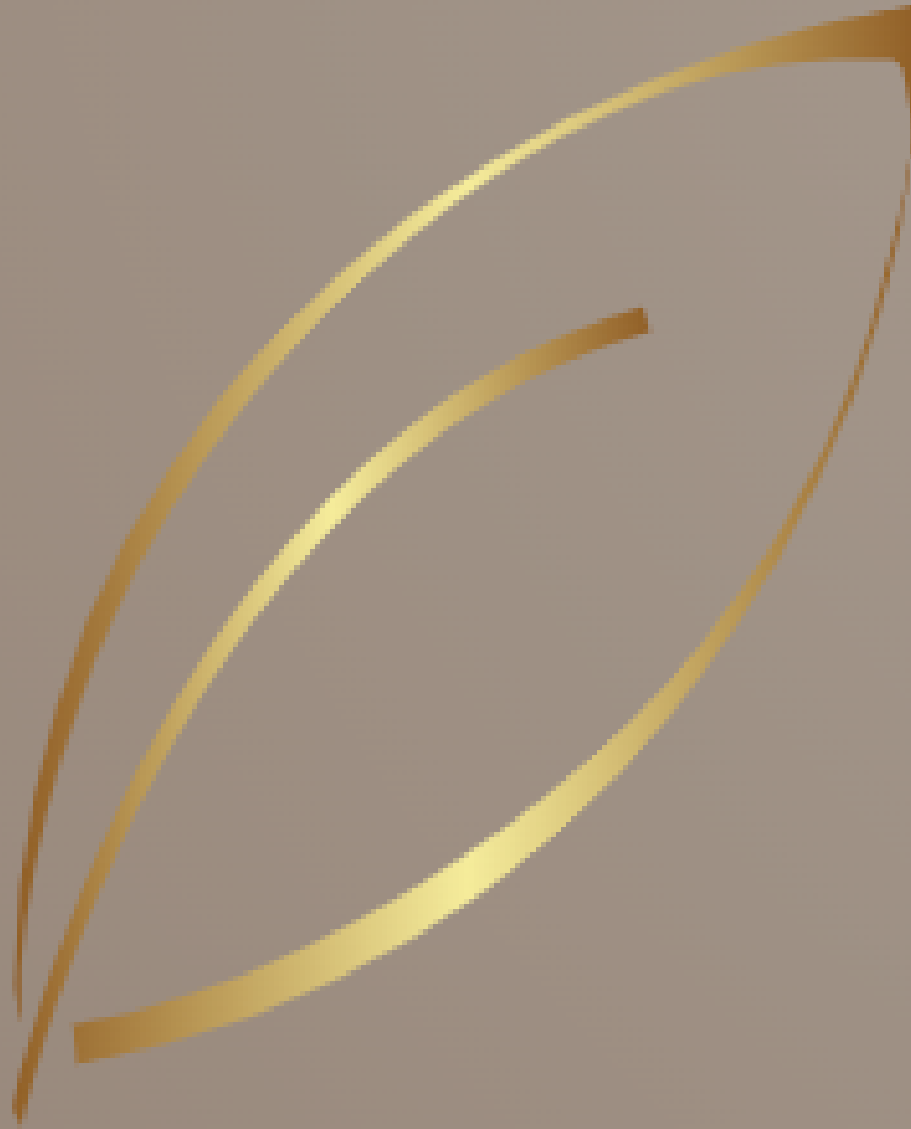
PINTEREST

A CONTINUOUS REFERENCE POINT

If you don't already have one; create a Pinterest Board. A Pinterest board is a great

tool to use when it comes to **REFINEMENT** of your wardrobe and personal style.

The more you refine, the more you will notice consistencies in the fabrics, silhouettes, styles, moods. This will eventually spill over into other areas of your life and form your personal brand.



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