

5 Steps to Shop Less & Love Your Closet More

Slow Fashion Guide

When you love what you have, you have what you need. I'm sure I read this on Pinterest somewhere, and it stuck. Refusing to settle for mediocre trends that don't flatter, garments that are poorly made, or don't make us feel amazing is the first step to a sustainable wardrobe. But I get it, it's not always easy. Here are 5 easy tips to help curb your shopping while curating a killer sense of style. Like a little diet, except you still get to eat Nutella :)

1 - Know Your Personal Style

Before you do ANYTHING; knowing your personal style is the first step to building a closet full of curated pieces that you will continue to wear and enjoy for years to come. The more confident you are in your personal style, the more you know what resonates with *you*, and the less you will feel attracted to trends and pieces that don't suit you. Finding your personal style is not easy, I get it. Be patient with yourself, and know that finding your personal style is a slow process. (psst You can always get a jump start with this video on my channel ;)

2 - Plan Your Outfits

Once you've got a handle on your personal style, knowing your personal inventory as well as the gaps in your closet is invaluable to loving what you have and making smarter choices. To get to know your closet, you need to spend time there. The easiest way to do this is to make a (daily, monthly, whatever works for you) date with yourself and plan your outfits for the week. I find this a lot less daunting than a giant seasonal purge or turnover, because it's a small amount of time on a regular basis, and feels totally manageable. Creating outfits gives you the opportunity to constantly assess, cull, and create new outfits. Now you're ready for step 3!



3 - Shop With a List

You know where your gaps are, what you're missing and what you reach for all the time. Now you're ready to build your shopping list. Fill it with items that you truly need, as well as maybe a wishful item or two, and don't shop without it. Even if you find yourself impulsively browsing a sale section on the way home from work - a list will help you shop with laser focus and intention because you will bypass everything else not on your list.

4 - Shop Your Closet

Use Pinterest and Instagram as inspiration by reverse engineering looks you love and shopping your own closet to recreate those looks using what you have. Focus less on the individual garments in your inspiration and break down those looks via silhouette, styling hacks and style vibe, which are all things you can control. If you want some help on this, I have a whole Playlist on my channel called Shop Your Closet ;)

5 - Find a Tailor or a Seamstress

Our bodies change, clothes get stained, they get dated. A tailor or a seamstress can reimagine and update items that would otherwise feel tired or ill-fitting. Instead of sending clothes to donation or landfill, getting them fitted will not only make you feel like a million bucks, you'll save some hard earned cash too. Bonus!