



# THE WARDROBE PYRAMID

an innovative approach to style strategy



## Five Steps to Defining Enough

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Hey friend! Thanks for downloading this free guide to The Wardrobe Pyramid!

Now more than ever, your wardrobe needs to work for you. But that's where the doubts come in: *Shouldn't I already know what to wear? How many clothes do I actually need? Is it ok to repeat outfits?*

This workbook will walk you step-by-step through an innovative process based on YOU, resulting in a plan for a stream-lined wardrobe that works!

It won't answer all your questions, like what are your best styles and colors, but it will answer that nagging-in-the-back-of-your-mind question: HOW MUCH IS ENOUGH?

Let's make this happen!



# The Wardrobe Pyramid

one per lifestyle segment per season

1 coat

1-2 pr shoes

accessories

bottoms

toppers: blazers, cardigans, etc.

tops: blouses, t-shirts, or dresses

Use this workbook to establish your needs for the large clothing components



# Step 1: Select a segment to plan

Say, for example, you get dressed four days per week into the same type of thing, to do the same types of activities: go to the gym, work in an office, take care of kids at home, or whatever your lifestyle entails.

This is a Lifestyle Segment. Plan each segment separately, and create a separate plan for each season. Go through this guide as many times as you need.

Depending on your climate, you may use two or four seasons; in Spokane, our seasons align really nicely with the calendar and, thus, so does my approach. Adapt to suit your needs 😊

Some of the Lifestyle Segments I like to use:

- leisure or active sport
- smart casual
- business
- social



## Step 2: Choose your template

What do you like to wear? This is your Proportion Template. It's like an outfit recipe. Stick to one, or at most two, Templates per Lifestyle Segment.

Complete the following statement:

**In (insert Season), when I get dressed for (insert Lifestyle Segment), I feel most like myself wearing: (insert Proportion Template).**

If you are not confident in your choice of Proportion Template, just start with what you have and try to keep your wardrobe small for now.

To affordably discover your Style DNA and learn what works for you, get started with my Signature Style Series.



## Step 3: Estimate laundry cycle

Here we get into the nitty-gritty. What is the maximum length of time a garment would be unavailable to wear because of it got dirty?

Needs depend on laundry cycle.

**Laundry cycle (b) = number of days between laundry days (n) + (n-1) + number days after clean till ready**

For example, if you do laundry every Saturday, you might think your laundry cycle is one week. But what if something got dirty on Sunday? Now it is up to 13 days. And if you hang it to dry, 14 or 15!

Pro tip: if you have garments that require ironing, you will LOVE YOUR LIFE if you can get into the habit of doing that ironing when the garment is wet!



## Step 4: Calculate your needs

How many of each piece do you need?

**a)** what percentage of your total life is the Lifestyle Segment you are working on? To calculate **a**:

$$\frac{\text{number segment days}}{\text{total days}}$$

**b)** multiply the percentage you just came up with (**a**) by the length of your laundry cycle (**b**)

$$\text{segment \% (a) x laundry cycle (b)}$$

**c)** estimate how many times you can wear a garment before cleaning it (**c**).  
Divide.

$$\frac{\text{a x b}}{\text{c}}$$

Repeat for each component piece.



## Step 5: Play dress-up!

Now that you know how many of each piece you need, it's time to make outfits!

- Begin by composing your favorite outfit. (Take a picture of it, if you like.)
- Continue on to your second favorite, and so on.
- When you reach the number for your least needed component, begin reusing those pieces in new combinations.
- When you can't make an outfit, add the missing item to your shopping list.
- Donate or dispose of your excess.

"Not everything needs to go with everything else, but everything needs to go with something."

*Captain Obvious*



# From Confusion to Clarity in Just a Few Hours

Consider what you have accomplished:

You outlined an entire Lifestyle Segment in your wardrobe, effectively pre-deciding what your outfit options are for the entire season!

You defined enough for yourself, thereby making room in your life for greater generosity.

And you created a streamlined shopping list for yourself. I advise keeping it in your phone, so it's always handy.

I wish you all the blessings of a closet full of enough!

