

# 5 STEPS TO WARDROBE DETOX

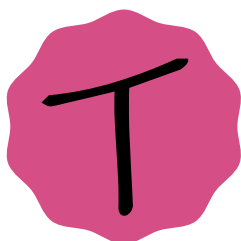
by Jacqui Blakemore & Maria Bello

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## **STREAMLINE YOUR CLOSET**

Review your wardrobe and sort into 3 piles - Yes, No, Maybe. Items should fit, be in your colour palette, suit your style personality and suit your lifestyle. If they do they are a yes. If they don't they are a no.



## **TAKING INVENTORY**

From your Yes items create an inventory (see template below). Make notes on the requirements for your lifestyle and highlight any gaps. If you have Maybe items that need updating/altering note that on your inventory too. Group items by type in your wardrobe/drawers.



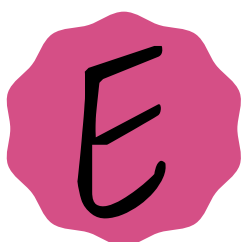
## **YOUR BODY SHAPE**

Take your measurements to understand your proportions and body shape. Use Pinterest and Google to learn more about styles that flatter your body shape or book a session with a style consultant.



## **LESS IS MORE**

Start to create outfits from your garments. Ideally aim for each piece to mix and match with 3-4 other items to create multiple outfits. Beware 'must-have' lists and stick to your style personality. Ensure each piece works with your lifestyle.



## **EMBRACE YOURSELF**

Learning to love ourselves leads to increased self-esteem, improves self image and self confidence. Invest in yourself through research, education and support. Be conscious of how you feel in what you wear. Choose more of what energises you and ditch what doesn't.



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# Maria Bello Styling

## WARDROBE CHECKLIST

### TOPS


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### JEANS & TROUSERS


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### SKIRTS & DRESSES


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### OUTERWEAR & LAYERING PIECES


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### ACCESSORIES


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