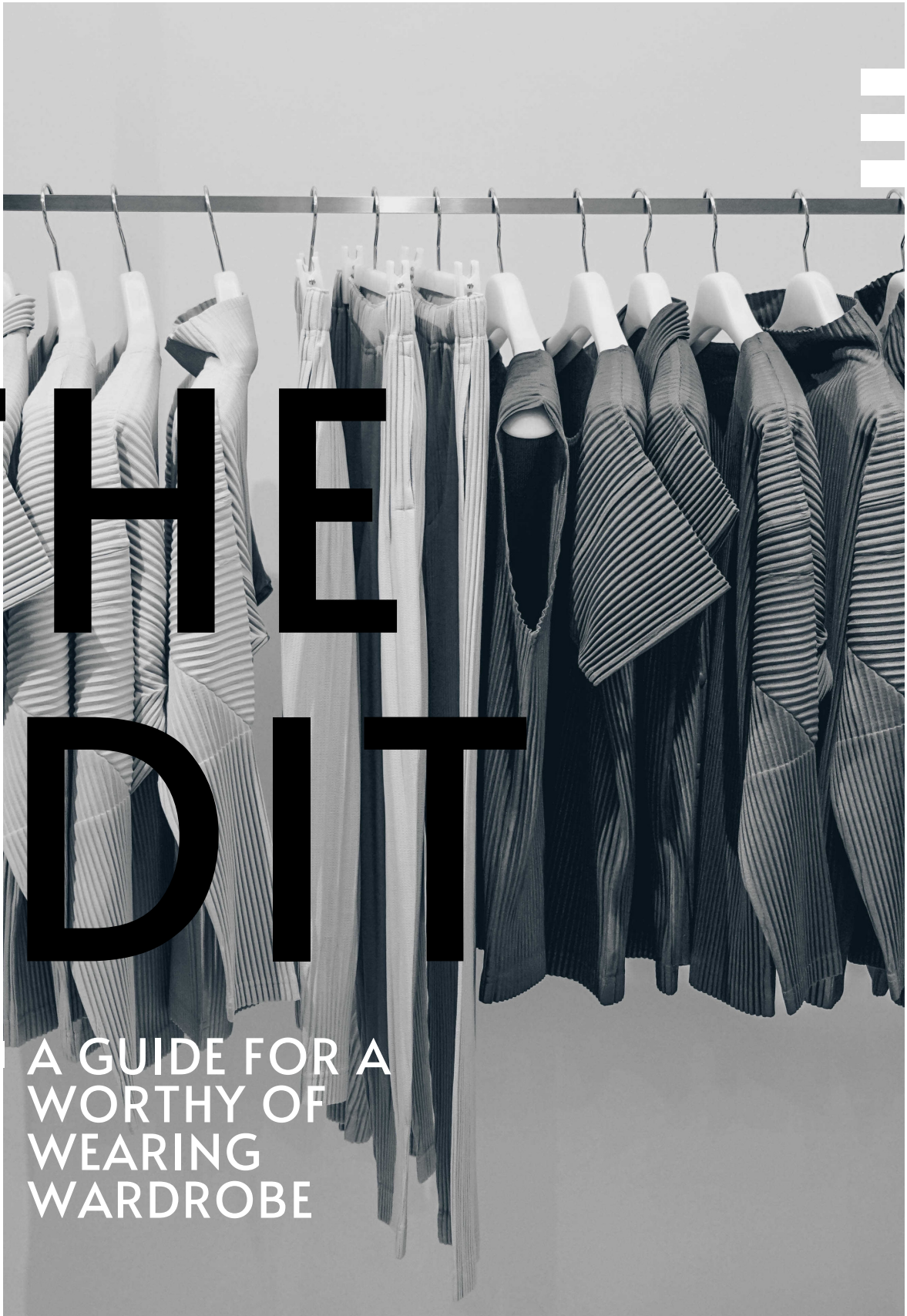


BY NICOLE M. CARUSO

NICOLEM CARUSO.COM



THE EDIT

A GUIDE FOR A
WORTHY OF
WEARING
WARDROBE

YOU ARE WORTHY OF WEARING CONFIDENCE AND RADIATING JOY!

HOW TO EDIT YOUR CLOSET

Start your wardrobe clean out with a simple prayer: Come, Holy Spirit!

Set aside one hour to edit your closet with a playlist, podcast, or audiobook. Grab 3 paper grocery bags, a sharpie, and your favorite drink. Have a mirror close by for try-ons.

Mark the grocery bags: Donate, Resell, and Recycle. Know that your former pieces will go to a new home and bring someone else joy. Give yourself permission to let go of what is cluttering your closet and confusing your style. Your morning routine is about to get much faster!

1. SET ASIDE FAVORITES

Select your most prized pieces, you know, the ones you feel incredible in! Make a separate section in your closet, and set them aside.

2. SEPARATE BY CATEGORY

Go through your clothing by category and try on the pieces in each. I like to start with dresses, then tops, bottoms, sweaters, jackets, and outerwear.

3. RIP THE BAND-AID

If a piece doesn't fit, doesn't suit your style, or is simply worn out, place it in the appropriate grocery bag.

Place the bags out of sight, and if you don't reach for them over one month, pass them on.



CURATE YOUR WORTHY WARDROBE

Maybe you know your style, or maybe you're still figuring things out. Either way, we all hold onto clothing for various reasons, and in the end it clutters our space and mind. Take note of those things you save "just in case" that just hold valuable real estate in your closet and never get used. Doing this edit will eliminate the dreaded pile of clothes that cover your bed from frustrating try-ons every time you have to get dressed!

The fastest way to get ready every day is to have a wardrobe that is actually Worthy of Wearing— saving you time and getting your day started with confidence. Your outfits will look effortless and so *you* because the guesswork will be over.

Use this worksheet to log which worn out things need replacement, and which key pieces you're missing that will make what you have more complete, i.e. a smart jacket, neutral cardigan, elegant dress, or tailored pair of pants.

WHICH BASICS NEED TO BE REPLACED:

WHICH KEY PIECES NEED TO BE PURCHASED:

WHOSE STYLE INSPIRES YOU? WRITE DOWN COLORS YOU LOVE, PATTERNS, AND A FEW WORDS TO DESCRIBE YOUR STYLE:



LAST STEPS TO A WORTHY WARDROBE

- 1.** DON'T MAKE THE PERFECT THE ENEMY OF THE GOOD. START SLOW, AND BE INTENTIONAL.
- 2.** TAKE NOTE OF THE OUTFITS YOU FEEL BEST IN. REPEAT THOSE COMBOS WITH DIFFERENT COLORS, PRINTS, AND TEXTURES. IT MIGHT BE YOUR NEW UNIFORM!
- 3.** REMEMBER, STYLE EVOLVES, AND IT SHOULD. REASSESS YOUR CLOSET EVERY YEAR, AND IN DIFFERENT SEASONS OF YOUR PERSONAL LIFE.

*"But seek first the kingdom of God and his righteousness,
and all these things will be given you besides."*

Matthew 6:33

P.S. IF YOU LOVED THIS GUIDE, YOU WILL LOVE MY BOOK "WORTHY OF WEARING"
PUBLISHED BY SOPHIA INSTITUTE PRESS.