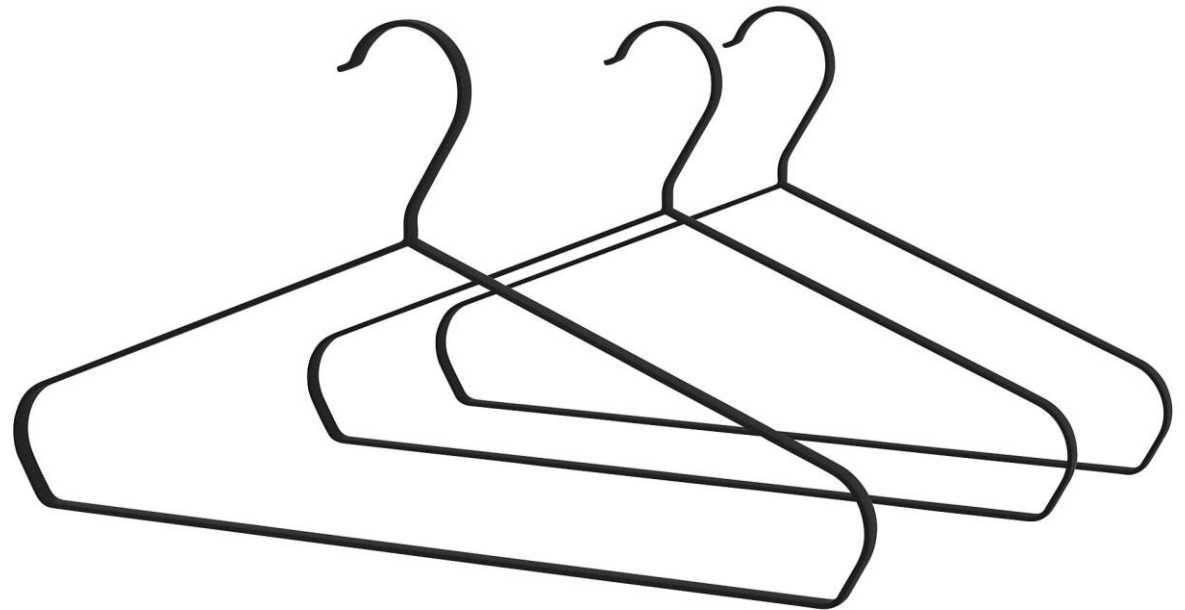


**CLEAN YOUR
CLOSET, CHANGE
YOUR LIFE:**



THE IMPORTANCE

I started my career in closet organization and personal shopping – not because I wanted to make people look better, but because I wanted to make people *feel* better. The metaphorical ‘they’ say that the state of your closet (and car, if you have one) is a reflection of the state of your life. If you are unorganized and holding onto things you should have gotten rid of years ago, the same goes for your mental state; your brain is cluttered and you are holding onto your past. You know that feeling of accomplishment you have when your house is clean? That’s because your subconscious gets excited that you’re making room for new, future things by getting rid of the old. Most people look at their closets and know that they need to get their shit together, but find it too overwhelming or ‘don’t know where to start’.

So let’s do it together – I’m an old pro at this and will walk you through exactly how to organize, clean, give away & maintain your closet. Your mental health literally depends on it.

WHAT YOU'LL NEED

1. A set of the same hangers – these are my favorite because they are thin, cohesive & don't damage your clothes
 2. Trash bags + a permanent marker – label trash bags with 'toss', 'donate' & 'sell' (these are your piles)
 3. A full day – give yourself a full 12 hours to do nothing but get yourself organized
1. Patience – this isn't easy and you'll likely get overwhelmed during the process. When you do, take a step back, take a few deep breaths and regroup.
 2. A critical eye – take the emotional attachment out of material things. No piece of clothing or accessory actually holds a memory, your brain does – you will remember your first kiss with or without the 3-sizes-too-small denim jacket you were wearing...so toss it.
 3. A plan – do some research in your area to see where you can sell things that are more valuable to as well as where you can donate the rest of your 'toss pile' to

THE PROCESS

GET PREPPED

YOUR PILES

Create three piles + label 2-3 trash bags and place them at each station

1. Toss
2. Donate
3. Sell

10 SECOND TIDY

Get rid of anything in your closet that shouldn't be there i.e. trash, water bottles, etc. anything that is not clothing-related, clear it out of there.

GET ORGANIZED

START FROM THE BEGINNING

Start at the beginning of a rack or drawer and ask yourself if you want to keep that item – if yes, leave it there, if no, put it in the trash bag of the appropriate pile

only sell high end/designer items in good condition – anything else is more of a hassle to sell than to donate

COLOR CODE

Once you have figured out what you are going to keep, start putting it in order of style and color – I organize from left (white) to right (black) so my rack looks like this:

WHITE, CREAM, YELLOW, ORANGE, RED, BLUE, PURPLE, GREEN, BROWN, BLACK

I like to keep all of my pants and tops on opposite sides of the closet, but you can also put your pants within their respective color section i.e. white jeans, white tanks, white jackets, etc. all go in the same section

HANGERS

Now that you are color-coded, it's time to switch your hangers so they are all the same. I change them one at a time, tossing all of the dry cleaner hangers, plastic/wire hangers, etc. in a trash bag. Having all the same color/style hangers makes a huge difference!

CLEAR OUT

GRAB YOUR BAGS

This is the most important part: get the bags to toss/donate/sell & get them OUT OF YOUR HOUSE.

do not look inside them once you've put anything in there, just close the bag and bring it to it's new home

CELEBRATE

Take a step back and look at your closet – doesn't it feel amazing?

highly recommend having a glass of wine as a pat on the back

MAINTAIN

CLEAN OFTEN

Take a Swiffer duster and a vacuum to your closet at least once a month – you don't realize how much dust collects on your clothes

not cleaning often can result in discoloration, dirt, musty scents, etc.

KEEP YOUR HANGERS IN THE CLOSET

Take clothes off of the hangers, but leave the hangers in place on the racks

this will remind you exactly where to put everything back

EDIT

Go through your closet at least once a season and get rid of the things you haven't worn in over a year

remember, clothes do not evoke emotions, memories do