

declutter your *closet*

w h a t s t a y s

when determining which items to keep, ask yourself the following questions...

Do I love it?

Is it in decent shape (no stains or tears)?

Do I love the way I look wearing it?

Does it go with at least 3 other items in my wardrobe?

Is it easy to care for?

Does it make me feel amazing?

w h a t g o e s

when determining which items to lose, ask yourself the following questions...

Will I honestly wear it again?

Am I keeping this out of guilt?

Am I being realistic about my weight-loss goals?

Will I actually get around to mending it?