



## **CLOSET PURGING 101: A CLEAN SLATE FROM SIMPLICITY (with lots of credit to Tim Gunn)**

Clothes purging can be fraught with emotion. Here are a few thoughts and suggestions to help you keep your emotions in check and your closet project on track.

You're not alone. Most women have a jam-packed closet but say they have little to wear. The old 80/20 rule applies to clothes. Most (80%) of the time, we wear a small portion (20%) of what we own. You should rid your closet of items that don't make you happy and confident. Just because you paid a lot of money for it, or it was a gift from your mother-in-law, doesn't mean you have to keep it.

Learn from past mistakes. Don't beat yourself up over regrettable purchases, just figure out how not to make the same mistakes again. Buy clothes that fit the real you- not the fantasy you. Identify your personal style so that you're not a slave to fashion whims. Keep track of what you own. Who really needs 10 black turtlenecks?

### **The Practical Closet Re-Do in 4 Easy Piles**

Everything comes out of the closet and is sorted into 1 of 4 categories:

1. The Soul-Stirring Pile: These are the clothes you adore. They fit. They make you look good. They make you feel good.
2. The Repair Pile: These are the soul-stirrers that need a little AIM- Alteration, ironing or mending. Give yourself 5 days to either make the repairs or put them in the hands of a professional. Honestly, if you can't find time to do it in 5 days, maybe the garment isn't as soul-stirring as you thought.
3. The Give Away Pile:
  - Anything that doesn't fit (if in doubt, ask a friend). Tim Gunn says, "Clothes do not exist to humiliate their owners."
  - Mistakes- expensive or not. Don't engage in any more self-recrimination but vow to learn from your mistake.
  - Items that for unknown reasons, you simply never wear.
  - Clothes that might be fashionable again (but is it worth the current space?).
3. The Throw Away Pile: The same psychology works for both of the last two categories. The throw away is for really worn out, terrible stuff and the give away is for your culls that can bring happiness to someone else.

### **Exceptions:**

1. A piece for posterity (your grandmother's rabbit fur cape or kidskin opera gloves)
2. If you're in the midst of a radical shape-shifting event (pregnancy or a successful diet), you can cut yourself some slack on the "does it fit" question.

**Success!** Only the delightful pieces remain, but here's still some work to do.

1. Identify what makes you love these keepers and remember it in the future.
2. Wear them. Don't save the things you love for special occasions. Put them into your regular rotation and wear them with confidence and style.

This article was written by Carson Tate, certified professional organizer and founder of Simplicity and Working Simply. For more information please visit our website at [www.simplicity-organizers.com](http://www.simplicity-organizers.com). You may also contact Laurie Jones, the Residential Manager [laurie@simplicity-organizers.com](mailto:laurie@simplicity-organizers.com) or 704.362.1526.

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