

Evolve Your Style

INTENTIONAL CLOSET EDIT GUIDE



A closet edit guide for personal style evolution that promotes a cycle of sustainability.

BY SHEILA TERUTY

Why Edit Your Closet?

Your wardrobe reflects who you're becoming, not just who you've been. An intentional closet edit clears both physical and emotional space, making room for pieces that truly align with your evolving self. This process empowers you to make conscious choices about every item you own, connecting your style to your values and lifestyle.



important tip

A rule of thumb is not to buy new until you create space for it. Purging what no longer aligns with your style while welcoming pieces that speak to you; creating an ever evolving cycle in your closet.

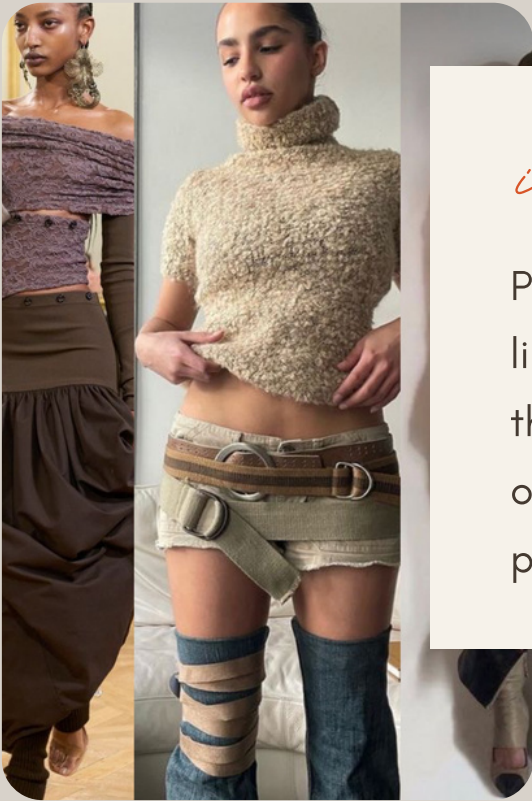
By embracing this edit, you reduce decision fatigue and step into a more authentic, sustainable way of dressing. It's about choosing quality over quantity, understanding material impacts, supporting ethical production, and embracing secondhand and vintage. Ultimately, a style edit is an empowering journey toward a wardrobe that truly reflects your evolved self and a more mindful approach to consumption.



The Intentional Closet Edit: Your Foundation

1. **Define Your Current Style & Vision**
Understand your current style and envision your ideal aesthetic. What truly resonates with you? What types of cuts, fabrics, shapes and textures do you feel good in? What is your style identity? Gather inspiration photos, take notes or create excel sheets to nail down what you envision to guide your choices – these will be your compass throughout the edit.
 2. **Understand Your Lifestyle Needs**
Your wardrobe should support your daily life. Think about your work, hobbies, and social activities. What types of outfits do you genuinely need? This realistic assessment helps you build a practical, functional wardrobe.
 3. **Set Your Intentions**
What do you hope to achieve? Do you want a more cohesive wardrobe, less decision fatigue, or a smaller environmental footprint? Noting your goal will keep you focused and motivated throughout the process.
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The Edit: Decisions with Purpose



important tip

Prioritize natural fabrics such as silk, wool, linen, cotton, and rayon while reducing the amount of polyester and acrylic you own and use this rule of thumb when purchasing future pieces.

The Honest Assessment: Three Piles

As you pick up each item, ask yourself these crucial questions. Be ruthless, but also kind to yourself.

- Do I absolutely LOVE it? Does it spark joy?
- Does it fit me well RIGHT NOW? Not someday, now.
- Is it in good condition? No irreparable stains, holes, pilling, or fading?
- Does it align with my defined style and lifestyle needs?
- Have I worn it in the last 12 months? (Be honest)

Based on your answers, sort each item into one of three piles:

- **KEEP:** These are your definite yeses. They fit, you love them, and they align with your style and needs.
- **DONATE/SELL:** Items that are in good condition but don't meet your "keep" criteria. Consider donating to local charities, giving to a friend, selling on consignment, or using online marketplaces. This gives them a second life, supporting sustainability.
- **DISCARD:** Items that are stained, torn beyond repair, or simply unwearable.

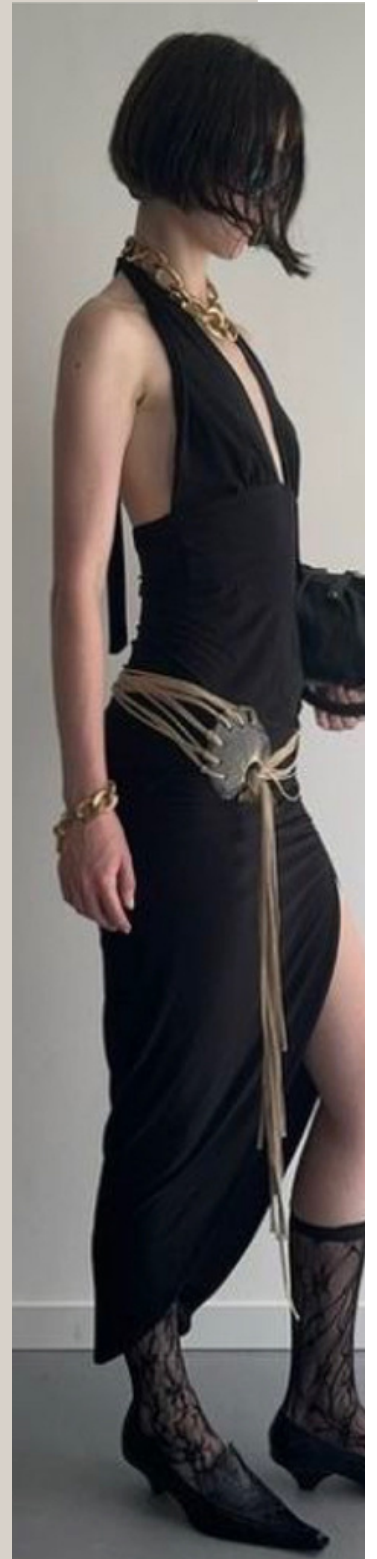
Curating Your Sustainable & Evolving Wardrobe

- 1. Organize with Purpose**

Having less, means seeing more. Being able to see into our closets is a game changer. Consider indexing your wardrobe. Using the Indyx app to inventory and style outfits so you plan and choose outfits with ease.
- 2. Identify Your Style Staples & Gaps**

What are your core pieces? These are your style staples – the versatile items you'll build many outfits around. Now, identify any true gaps. For instance, do you need a reliable basic tee in a certain color, or a versatile jacket? Create a concise shopping list based only on these identified needs.
- 3. Embrace Sustainable Shopping Habits**

Your style evolution doesn't end with the edit; it extends to how you acquire new items. When you shop, prioritize quality over quantity.



An intentional closet isn't a one-time project; it's an ongoing practice. Cultivating sustainable habits will ensure your wardrobe continues to reflect your evolving style and values. Our closets should serve us well.

Refined Closet Maintenance

1. Implement the "One In, One Out" Rule

To prevent disorder, adopt this simple rule: For every new item you bring into your closet, one existing item must go, especially if you have a larger closet. If you are in need of a lot of items, don't adopt this rule until you fill in those gaps.

2. Regular Mini-Edits

You don't need a massive overhaul every year. Instead, schedule quick "mini-edits" every few months or seasonally.

3. Care for Your Clothes

Extend the life of your garments through proper care. This is a crucial aspect of sustainability.

4. Continuously Refine Your Style

Your style is a journey, not a destination. As you evolve, so too will your preferences.

Stay curious, experiment!



Conclusion and Next Steps

Let's face it, we are not going to stop shopping and buying clothes – but we can do so ethically while honoring our who we are in this moment and who we are to become.

- Choose vintage, secondhand, or sustainable brands
- Shop intentionally and with purpose
- Let your closet evolve with you; swop out pieces

This is the exact system I use and offer to clients. If you're overwhelmed, I offer 1:1 in person or virtual closet edit sessions to help you make sustainable style shifts --without the stress.



Thank you!

"Buy less, choose well,
make it last." —

Vivienne Westwood



262-729-5224

www.enterportale.com

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