

MY Colour & Style*

WARDROBE DECLUTTER GUIDE: HOW TO REFRESH YOUR CLOSET AND YOUR MIND



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The Mind-Closet Connection

A cluttered wardrobe isn't just a physical mess – it's a mental one too. The clothes we choose to keep (or cling to) can reveal a lot about where we are in life, what we value, and even the parts of ourselves we're struggling to let go of.

If your wardrobe feels overwhelming, it might be time for a refresh – and trust me, it's more freeing than you think.





Decluttering can be a powerful way to hit the reset button, clear your mind, and make space for the life you want. Think of it as a fresh start for both your closet and your mindset. When you let go of the clutter, you're not just making physical space – you're also making emotional and mental space for what truly matters.

Step Guide to Decluttering Your Wardrobe

Decluttering isn't about getting rid of everything you own. It's about clearing the clutter, so you're left with pieces that truly reflect your style, fit your lifestyle, and make you feel confident. Here's how to do it:

- **Start with a Vision:** Before you even touch a hanger, get clear on your style goals. What do you want your wardrobe to say about you? How do you want to feel when you get dressed each day? Are you looking for confidence, ease, or maybe a bit of both? Write down a few words that capture your ideal style – this will be your North Star as you declutter
- **The 'Keep, Donate, Toss' Method:** Be ruthless – if it doesn't fit, flatter, or spark joy, it's time to say goodbye. This is where Dana K. White's concept of the 'container principle' comes in handy – your wardrobe is a container, and it should only hold what truly belongs.



Step Guide to Decluttering Your Wardrobe

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- Create a Maybe Pile: For those items you're not quite ready to let go of – set a reminder to revisit this pile in a few weeks. If you haven't missed these pieces, it's a good sign they're not adding value to your wardrobe.
- Celebrate Small Wins: Don't forget to appreciate the progress as you go – every item you let go of is a step closer to clarity. Take a before-and-after photo to remind yourself how far you've come.
- Organise with Intention: Once you've cleared the clutter, organize what's left in a way that makes sense to you – by colour, by category, or even by how often you wear it. This small step can make a huge difference in your daily routine.

Building a Capsule Wardrobe

Once you've cleared the clutter, it's time to rebuild with intention. A capsule wardrobe is all about owning less but loving more. Here's how to create one:

- Choose versatile pieces you can mix and match. Think basics that can be dressed up or down, like a perfect pair of jeans, a classic blazer, or a few high-quality tees.
- Focus on quality over quantity – it's better to have 10 pieces you love than 50 pieces you only kind of like.
- Pick pieces that reflect your style, flatter your body, and fit your lifestyle. Think about your daily activities and the roles you play – work, casual, social, and maybe even a bit of glam.
- Consider a cohesive colour palette to make getting dressed effortless. This is where a colour analysis can really help – more on that in a minute.
- Keep it fresh – don't be afraid to swap out pieces as your style or needs change.



Note: A capsule wardrobe is not for everyone

The Power of Colour Analysis

Understanding your best colours can make decluttering easier. When you know what shades light you up, you're less likely to buy pieces that just sit in your wardrobe. Consider a professional colour analysis to discover your ideal palette. It's a game-changer for wardrobe clarity. Plus, knowing your colours means fewer 'meh' purchases and more outfits that truly feel like you.



Wardrobe Transformation Checklist

Ready for a wardrobe that truly reflects who you are?
Use this checklist to guide your transformation:

Clear the clutter

Identify your style

Discover your best colours

Build a capsule wardrobe (optional)

Enjoy a wardrobe that makes you feel confident every
day



My Colour & Style Services

Basic Package – Colour Confidence **\$ \$300 – 2 Hours**

Includes:

- **Full Colour Analysis**
- **Your personalised Colour Booklet (best colours, contrast, ideal value, how to wear your palette)**
- **50-colour swatch wallet for shopping clarity**
- **Guidance on mixing and matching colours effortlessly**

Outcome: Clarity and confidence in your colours — the foundation of your style journey.

Intermediate Package – Style Refresh **\$ \$799 – 6 Hours**

Includes:

- **Everything from the Colour Confidence Package**
 - **Complete Personal Style Consultation:**
 - **Style File (body shape, proportions, face shape, clothes to wear & avoid)**
 - **Lifestyle Analysis (wardrobe tailored to your real life)**
 - **Personality Quiz (discover and define your style personality)**
- **Values Alignment (make your wardrobe reflect what matters most to you)**

Outcome: Colour clarity plus a personal style blueprint — so you know exactly what works for you.

My Colour & Style Services

 **Deluxe Package – Complete Transformation**
\$ \$1,099 – 8 Hours

Includes:

- **Everything from the Colour Confidence and Style Refresh Packages**
 - **2-Hour Personal Shopping Session:**
 - **Apply your colour and style knowledge in real life**
 - **Find pieces that flatter your shape and suit your colours**
 - **Shop smarter with purpose and confidence**

Outcome: A full transformation — from colours to style to shopping — for a wardrobe you'll love.

 **Style Reset Package – Colour + Wardrobe Audit**
\$ \$550 – 4 Hours

Includes:

- **Complete Colour Analysis (Colour Booklet + 50-colour swatch wallet)**
 - **2-Hour Wardrobe Audit:**
 - **Clear out clothes that no longer serve you**
 - **Organise and restyle what remains so it works together**
 - **Align wardrobe with your palette**
 - **Identify gaps to avoid wasted purchases**

Outcome: Colour clarity plus a wardrobe reset that makes daily dressing effortless.

My Colour & Style Services

Wardrobe Audit – Standalone **\$ \$300 – 2 Hours**

Includes:

- Declutter clothing, shoes, and accessories you don't wear
- Organise wardrobe by colour, category, and outfit potential
 - Create new outfit combinations from what you already own
- Identify missing essentials for a cohesive wardrobe

Outcome: An organised, functional wardrobe and a shopping plan tailored to your needs.

Online Colour Analysis **\$ \$250 – Online Session**

Includes:

- Personalised Digital Colour Booklet (best colours, contrast, value, how to wear your palette)
- Digital 50-colour swatch guide for in-store and online shopping
- Makeup recommendations tailored to your colouring
 - Personalised styling tips delivered via email

Outcome: The same clarity as in-person, from the comfort of

About Fiona

Fiona is a Certified Personal Stylist and Colour Analysis dedicated to helping individuals create wardrobes they love.

With a focus on simplicity, versatility, and confidence, Fiona empowers clients to transform their style and embrace their true selves.

