

*Love Your
Wardrobe!*
e-book



by Tabitha Dumas

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Welcome!



About Tabitha

Hi, I'm Tabitha, a child of God, wife of 17 years, mama of two sons (ages 14 and 10) and a daughter (age two), writer and consultant/speaker/mentor - in that order. I spent my first 20 years in northern Florida and now reside with our crew a mile from my folks in Chandler, Arizona, a suburb of Phoenix.

An early miscarriage in 2008 gave me a wake-up call that caused me to resolve to only do work that I love. What do I love to do? I volunteer in the community, help my husband with his real estate business, run my Signature Color Style and Workshops To You businesses and strategize and collaborate with other go-getter women. My passion is seeing women show UP to their lives confidently and authentically.

I serve my women by offering one-on-one consultations, e-books like this one, and local workshops with a focus on elevating your image and expanding your influence.

I call myself a beauty chaser and grace collector. My interests include baking, bargain shopping, writing, and crafting. Oh, and I love chocolate.

I also love building connections within my online communities so I hope you'll find me and reach out! Make sure to follow me on social media for the latest updates and offerings (and outfits!).

Introduction

My hope for you as you go through this e-book and course is that by the end, you will LOVE your wardrobe and enjoy getting dressed every day. Because I know that women who look and feel confident can do just about anything.

Before we get started, I want to help you overcome one of the major stumbling blocks to a fabulous wardrobe: trying to find your personal style.

It's easy to get hung up on finding your personal style. Yours could be different depending on the day or the season of life you're in.

I want you to stop thinking about filling your closet with pieces that are 'your style.'
I want you to start thinking about filling your closet with pieces that you are going to wear.

Our goal for this class is to simply have a wardrobe full of items we enjoy wearing. Isn't that freeing? And in the 5 lessons to come, you'll be able to eliminate what you don't enjoy and bring in more of what you do.

I am so thrilled that you're joining me for this journey!

What's coming

From here, there are 5 steps to Love Your Wardrobe that will also include a journaling exercise and a Pinterest challenge, just like below. I recommend that you use a journal or notebook just for this class. You can go at your own pace, or follow along with the emails every -other day if you chose that option.

I'm also going to ask you to post on my Facebook page so that we can build some camaraderie, cheer each other on and for some accountability during this process. Feel free to request or give feedback, too! My ladies are super nice. Find it here:
www.facebook.com/tabithadumas11/

Make sure to follow me on Pinterest! www.pinterest.com/tabithad11 (search TabithaDumas.com)

If you encounter any issues along the way,
please contact me:
tabitha@tabithadumas.com or
text 602.349.1129

Introduction Exercise

JOURNALING EXERCISE:

1. Describe your favorite pieces of clothing. Maybe it's the cardigan you can't travel without, the jeans that make you feel ten years younger, the sparkly jacket you wear every Christmas or the chic top that shows off your shoulders. Also describe why you love wearing it. Is it the fit? The color? The way it makes you feel?
2. Describe the pieces of clothing that you wear most often. It could be your go-to tank dress, the tee shirt you own ten of and wear almost every day, the denim jacket you wear with everything or the classic pencil skirt you always get compliments on. Again, describe why you love wearing it. Is it the fit? The color? The way it makes you feel?

PINTEREST CHALLENGE:

Create a "My Style" Pinterest board..

POST:

A photo of a favorite outfit of yours. Tell us what you love about it. You get bonus points if you're actually wearing it in the photo!

Step One: Declutter

Let me say this right up front: you can't keep trying to organize your closet without decluttering it FIRST. You can't love your wardrobe until you get rid of what's not working.

The key is to focus on keeping what you love instead of on what you can get rid of. Don't think about all the items you'll be selling or donating - think about the beautiful items you'll be left with! You will have a carefully curated wardrobe of pieces that all work together instead of a jumbled-up mess that raises your anxiety levels every time you open your closet.

Most women wear 20% of their closet 80% of the time. My goal for this class is that by the end, your closet will only contain the 20% you'll actually wear.

1. Know Your Why.

You need a reason to go to all this trouble without just looking for "motivation." Maybe you want a promotion at work, an easier time getting dressed in the morning or to celebrate a recent weight loss. Let that fuel your efforts.

2. Get inspired.

Revisit your favorites. Remember those favorite outfits we talked about in the intro? Pull out your favorite outfit and remember how amazing you feel when you wear it. You should feel like that every day!

3. Ruthlessly declutter.

It feels so good to CLEAR SPACE and get rid of stuff! Decluttering means LESS to organize and having MORE space for the items you love.

Get yourself three laundry baskets or boxes and label them

1. consign
2. store
3. donate (or trash)

NOW! Take everything out of your closet. Pick up EVERY piece of clothing and ask yourself:

Have I worn it in the last 12 months?

Does it fit and flatter me?

Do I enjoy wearing it?

and maybe my favorite...

If I saw it in a store today, would I buy it?

If you like the Konmari Method, you can ask yourself if the item sparks joy.

If it's something you need to keep but aren't wearing on a regular basis (a formal gown, a coat), put it in the "store" basket.

If it's a piece that can stay according to the above criteria but that you don't have anything to wear WITH it, put it back but in a separate section.

If you answer NO to the above, decide whether it's a piece that you can consign (it's a designer label and/or in great shape) or donate and place it in the appropriate basket.

Clean, vacuum and/or paint your closet while it's empty. Then everything goes back.

4. Give your cast-offs a good home. Consign or donate your clothes. Find local consignment shops and charities or consider organizing a clothing swap with your girlfriends! Many charities will even pick up your clothes.

5. Do the same procedure for your dresser including your pajamas, workout clothes, under garments and socks. Get rid of what you're not wearing! You don't need "back up pajamas" or 15 pairs of slipper socks. Keep your favorites and release the rest.

6. Do the same procedure for your jewelry, belts, scarves and other accessories.

You'll be surprised at how much space you can free up!

Remember...it's not about what you can get rid of...it's about making your favorites easier to see, wear and enjoy.

Step One Exercise

JOURNALING EXERCISE:

1. Determine your "why."

What's going to keep you motivated to love your wardrobe again?

2. Write about how it feels to get rid of stuff. Maybe you feel exhilarated or energized. You might also be feeling worried or stressed, thinking, "What if I need that later??" or "Now what am I supposed to wear?" Write it down.

3. Think about decluttering outside of your closet. Is there an activity or relationship that is bringing you down or that no longer serves you? Write about it and think about whether you can give it up.

PINTEREST CHALLENGE:

Do a search on "closet declutter" or "decluttering clothes." You should find lots of helpful tips and tricks.

NOTE! Do not search or pin for "closet organization" -- save it for the next step.

POST:

Post a picture of what you got rid of, we'd love to see it! Earn bonus points if you tell us how many.

Step Two: Organize

You've already decluttered your closet so now you're ready to organize what made the cut so you can see and enjoy what you have.

Here's the process:

1. Think through how you get dressed.

The more multi-faceted your life is or the more varied your "getting dressed occasions" are, the more strongly I'd suggest categorizing your clothes into sections of "work" vs. "weekend" or "casual" vs. "dressy."

This way, rather than pulling from your ENTIRE wardrobe, you're selecting items from one specific category. Sure, you'll grab a black tee shirt from your "weekend" section to wear under a blazer sometimes, but having your jeans separate from your dress pants might be beneficial.

If most of your pieces are mixed and matched to create your outfits, I'd suggest that you categorize them by type instead (sleeveless, long sleeve, skirt, dresses, etc.)

At the very least, I recommend keeping basics separate from your "completer" pieces (jackets, blazers, vests).

2. Invest in good hangers that a. won't damage your clothes and b. will prevent items from slipping onto the floor.

I love velvet hangers! They're all I use now and absolutely worth the investment. You can buy them at almost any retail store but discount stores often have a 20-pack for less than \$10.

3. Keep scarves organized.

You want to SEE them so you know what you have.

4. Keep slips, stockings and shapewear separate and preferably together.
5. Store rarely-used or out-of-season clothing in a different area to free up prime real estate.
6. Consider arranging your clothing by color.

Whether you're the type who likes to wear mostly neutrals with a POP of color or the type who loves courageously pairing colors together, this system may work well for you. Plus it's just fun to see a rainbow of colors in your closet!

7. Arrange your clothing by type. and from light to dark Here's a typical order.

Sleeveless tops
Short-sleeve button-ups
Short-sleeve without buttons
Sheer blouses
Long-sleeve button-ups
Long-sleeve without buttons
Short sleeveless dresses
Short short-sleeve dresses
Short long-sleeve dresses
Long dresses
Short skirts
Long skirts
Dress shorts or crop pants
Dress pants

I recommend keeping jeans, tee shirts, and sweaters folded in your dresser or on shelves in your closet.

You'll have to use it for a while and make changes until it suits you and how you get dressed.

8. Use organizers to keep things accessible. I use a hanging shoe organizer to store bathing suits, cover-ups, tights, chunky belts and other random items.

Step Two Exercise

JOURNALING EXERCISE:

How are you feeling about your wardrobe now that it's decluttered and organized? Are you starting to like what you see? Are you excited to start putting outfits together?

PINTEREST CHALLENGE:

Search and pin "closet organization" ideas. If you have a specific challenge, search it. Examples includes belts, purses and scarves (search "purse organization ideas" for example). There are tons of great ideas out there. Get inspired and then put a few to use.

Make sure to follow my "Stylish Organizing" Pinterest board
www.pinterest.com/tabithad11/home-stylish-organizing/

and "Wardrobe Organization" board: pinterest.com/tabithad11/closet-wardrobe-organization/

POST:

A picture of your closet now that it's organized! We want to congratulate you!

Step Three: Inventory and Shop On Purpose

Now it's time to take inventory of what you have and start shopping on purpose.

Inventory

This step is critical to avoid buying more pieces that will never get worn. Remember the pieces you kept, even though they didn't have anything they went with? This lesson is how you fill in the gaps of your wardrobe to make sure that your items go together.

Also, you may have gotten rid of some of your wardrobe staples and now you need to replace them. For example, maybe you ditched a denim jacket because the collar bothered you. Now you need a new denim jacket that you love!

Use this check-list to inventory your closet then make a list of what you need to buy. Keep your list in your purse for impromptu shopping trips.

These checklists come from my friend, client and mentor Shari Braendel of www.fashionmeetsfaith.com and author of "Help Me, Jesus! I Have Nothing to Wear!"

12 wardrobe must-haves:

- Jeans in a dark wash to wear with heels or boots
- Jeans to wear with flats or casual shoes
- A denim jacket in a neutral color
- A white or off-white blouse
- A suit (a jacket and pants, or skirt) in a neutral color that flatters you. Choose a fabric that you can wear all year.
- A flattering dress in chocolate, black, charcoal or navy
- A cashmere or cotton sweater in a soft color
- A silk or cotton blouse in a print or solid pop color
- A V-neck or scoop-neck tee shirt in chocolate, black, charcoal or navy. Look for one with 3/4" sleeves.
- Khaki, tweed, corduroy, linen, cotton or wool slacks
- A jogging suit in your favorite color
- A lightweight coat

The other 12 wardrobe must-haves:

- A good-fitting bra (with the goal of having three: one to wear, one to "rest" and one in the wash)
- A shaper suited to your body type
- A good selection of panties (avoid white or black and go with nude shades that match your skin tone)
- A fabulous handbag that shows your personality (if you're not sure what color, choose a color that matches your hair - - trust me, it works!)
- Flats you wear almost every day
- Heels or wedges
- Boots to wear with your jeans or trousers
- Tennis shoes
- Hoop earrings
- A ring for your right hand
- A watch that reflects your personality
- Sunglasses

Shop on purpose

You already completed the first step, which is doing an inventory of your wardrobe. Now...

1. Embrace a "capsule wardrobe" concept that is focused on a few of your best colors (along with neutrals) that can be mixed and matched. If you wish you had a daily uniform, a capsule wardrobe is for you. It may also suit you if you're the creative type that needs one less thing to worry about. Don't worry - - capsule wardrobes can be colorful and fun! Read my post about it here:

tabithadumas.com/27-hangers-capsule-wardrobe/

2. Know your lifestyle—and consider 'cost per wear.'

Invest in the pieces you will wear more often and buy your "once-a-year" pieces when they're on clearance—or borrow them from a friend! Conversely, if you frequently attend formal evening events, investing in a fabulous cocktail dress makes more sense for you than spending a lot of money on casual pants.

The more often you wear an item, the more money you can justify spending on it.

3. Buy pieces that are within your Color Code

If you don't know your Color Code, your best option is to Discover Your Signature Color which I go into in the next step. You can also learn more about your Color Code by visiting htabithadumas.com/color-code.

Knowing your Color Code means that you can...

- buy tops and scarves in your "pop" colors
- buy bottoms and jackets in your best neutrals
- invest in white vs. cream and black vs. brown with confidence
- buy shoes, bags and accessories that will work for your coloring and your wardrobe.

4. Buy pieces that complement your body type.

The goal is not necessarily to just draw attention to your best features or downplay your problem areas but to help you look proportionate.

Check out my Pinterest boards for each body type, there's information in each board description to help you find yours.

Do you need to create a waistline? Downplay your bust? Extend your leg line? Buying pieces that suit your body type means that you will actually wear what you buy and feel confident wearing it!

Now when you go shopping, before you buy anything ask yourself:

- Does this fill in the gaps of what I need in my wardrobe?
- Does this coordinate with I already own (style-wise as well as color)?
- Does this work for my lifestyle and have a reasonable "cost per wear?"
- Does this fit within my Color Code?
- Does this complement my figure?
- Does this make me feel good?

Remember, you should love what you see in the mirror!

Step Three Exercise

JOURNALING EXERCISE:

What colors do you love to wear? Are they some of your 'pop' colors? Will you stop buying colors that don't work for you? What colors do you want to try?

Write down one way you can embrace your new colors, whether you buy a new scarf or try a new shade of lipstick.

PINTEREST CHALLENGE:

Make sure to follow my Pinterest board for your Color Code. You might even want to start a "my colors" board.

Pin some outfits searching your 'pop' colors (like 'turquoise and yellow outfit') and pin what appeals to you.

POST:

Let us know what your Color Code! Get bonus points if you post a picture of you wearing one of your 'pop' colors.

Step Four: Your Signature Color

So. Why have a signature color? Because successful people are memorable people. Having a signature color makes you unforgettable! A Signature Color should 1. suit your complexion 2. be a color you like 3. send the right message about your personality.

The colors you wear can affect your mood as well as the perception people have of you. Wearing a certain color can make you look happier and healthier or sickly and washed out.

Colors can make you look approachable or powerful, confident or timid, professional or sexy.

And the same color translates differently on each person, too.

Color is powerful.

Having a Signature Color helps you not only get noticed and give off the right "vibe," it also

- makes getting dressed easier—creating outfits and mixing and matching pieces is a breeze
- saves time and money when you go shopping—you can skip the colors that don't work for you
- helps you stand out in a sea of gray, black and white
- boosts your confidence
- helps you streamline your wardrobe and accessories—wear what works and pitch what doesn't, from nail polish to necklaces!

Whether you are a pest control company, a Realtor, a direct sales rep or a mom with an invention idea, if your goal is to be noticed and remembered, you have to celebrate your uniqueness to capture people's attention and remain memorable.

What IS a Signature Color?

Everyone needs a Signature Color that people associate you with.

Maybe it's a color you wear every day in one form or another, like a statement ring or the color of your socks.

Maybe it's the color dress or shirt you wear to speaking engagements or special occasions.

Maybe it's the color of your logo, the color envelope you use for direct mailing or the color of your tablecloth for vendor events. Ideally, it would be all of those things.

I love to encourage people to get out of the black, gray and white box. Most of the world—especially the professional world—wears black, gray and white or maybe navy blue. To stand out, just wear a COLOR like red, purple or yellow...or even silver or polka dots!

You can still wear a gray suit—just add a purple flower pin or pocket square, or carry a bright yellow laptop bag. Heck, even plaid or animal print can be a signature color!

Discover your Signature Color

Get started by visiting abithadumas.com/discover-your-signature-color

Step Four Exercise

JOURNALING EXERCISE:

What is your Signature Color? What colors do you already have in your wardrobe that will complement it?

PINTEREST CHALLENGE:

Do some research on the psychology of color. Think about the colors YOU love and why you love them.

POST:

Tell us your Signature Color! Bonus points if you post a picture of you wearing it (even if it's your bag or your nail polish).

A few final notes: Whatever color I assign you, you might want to change it to a different shade (like moss green instead of emerald green or teal instead of turquoise). Have fun with it and experiment!

Try out a color for a week or a month and see 1. how you feel 2. the reaction you get and 3. how it works with the rest of your wardrobe.

Step Five: Outfits and Accessorizing

You now have a closet full of clothes you love and you feel fabulous in, but you have to be able to actually create outfits and accessorize your clothes before they'll see the light of day.

Create Outfits

Having several go-to outfits means that you'll never scramble again in the morning when you have to get dressed. Practice putting outfits together then at the start of every week, set aside several outfits and hang them together to grab and go, whether in a designated spot in your closet or on a pretty knob.

Creating outfits is actually quite simple and now that your closet is decluttered and organized, it will be easier than ever. Here are a couple of ways to create an outfit:

1. Plain basics + pattern + colorful accessory + chic shoes and bag

Example: white shorts and blue top + a striped cardigan + a yellow necklace + brown wedges and a brown clutch

2. Basic piece (jeans, basic tee, skirt) + staple piece (colorful, pattern, details) + completer piece (jacket, cardigan, vest) + accessories (shoes, jewelry, scarf)

Example: Gray skirt + patterned blouse + orange cardigan + blue shoes and funky bangle bracelet

The main idea is to choose your dress or your top and bottom and add some interest with pattern, texture and/or shine. Notice that most women that look put-together are wearing more than just pants and a top.

Tips

It's OK to wear purple pants with a coral blouse. It's also OK to mix black and brown together, and wear different shades of blue together. There really are no rules so have fun experimenting!

If your shoes are patterned or extra sassy, make sure your other accessories are more neutral.

Feminine touches really jazz up your look, too, from floral shoes to ruffles, sequins, lace and hair accessories. Celebrate being a girl!

Be careful when mixing warm and cool tones. Warm tones are like fire: red, orange and yellow. Cool tones are like water: shades of blue and purple. Like decorating a room, ALL warm or ALL cool can be dull or grating. Just be sure to choose complementary colors (mint green and mustard yellow, for example, do NOT go together).

Have a "fashion show" after you go shopping. My mom and I are in the habit of going clothes shopping (knowing what we already have at home, what we need and what styles and colors look best on us, of course) then coming home and doing a "fashion show." A fashion show means that we take what we bought and create outfits out of them, including accessories and shoes. It's fun to see how many different looks you can create out of just a few new pieces!

Accessorize

I'm a big fan of buying clothes of mid-range quality (or high quality if you get them second hand) then adding pizzazz with accessories. Yes, you need to invest in some pieces that you'll be wearing a lot but the truth is, people notice your accessories more than your clothes. Plus accessorizing is fun and allows you to express your personality!

Tips

1. Start with a basic jewelry wardrobe.

Whether you work in an office or stay home with your kids, there are certain jewelry pieces that every woman needs to own.

Here are some of them:

1. hoop earrings
2. pearl necklace (I recommend one long and one short)
3. long multi-functional necklace (that can be worn long or short)
4. statement necklace
5. fun and functional watch
6. cuff bracelet
7. right-hand ring

You'll want most of these pieces to be mixed metals for maximum versatility. If you are a Cool Color Code, go for silver. If you're a Warm Color Code, go for gold. The other Color Codes can do silver, gold, rosegold or a mix of metals..

2. Let your Signature Color guide you.

Having a Signature Color means that you can buy jewelry, bags, scarves and shoes in your Signature Color, knowing it will go with what you already have.

Or buy accessories that complement your wardrobe. My Signature Color is turquoise so I know that accessories in shades of pink, green and yellow will be fun accents.

3. Decide what you're going to do...wear neutral clothes with funky accessories OR colorful, exciting clothes with neutral jewelry?

Plain neutral pants with colored tops are great to mix and match for an easy wardrobe, as long as you add colorful accessories.

However, if you tend to wear a lot of patterns and quirky pieces of clothing, you'll need accessories that are more plain and multi-functional.

4. Have your jewelry on display so you can see and enjoy what you have.

It's OK to keep your fine jewelry in a jewelry chest but when it comes to your more playful accent pieces, have them out in the open so you can see what you have. You especially want to have your necklaces out in plain sight because once you choose the perfect necklace, you can just grab plain hoops and a simple bracelet to go with it.

5. Get in the habit of planning your outfits ahead of time.

Doing this will allow you to play with your accessories when you're not in a rush. Lay everything out on the top of your dresser the night before.

6. Repurpose what you have.

That long necklace can be doubled for a whole new look.

You can wear your vintage scarf as a headband.

Attach a pin to a strand of pearls.

Wear a chain necklace as a belt.

7. Learn the 16-point Accessory Rule.

Practice it enough and it becomes second nature. This really is the key to looking pulled together. Download the free PDF and read more: tabithadumas.com/never-be-under-dressed

8. Invest in necklaces.

Necklaces are what people see and notice the most, plus they draw attention to your face. You can always collect bracelets and earrings to mix and match but necklaces are where you want to get the most bang for your buck.

9. Invest in the pieces you can see.

You wear earrings and even necklaces for other people to enjoy...so buy bracelets and rings that YOU want to see all day.

10. Remember belts and scarves, too!

Make sure they're accessible and arrange them by type and color.

Be inspired!

If you haven't heard, I am now a designer for jBloom jewelry, personalized and designer jewelry to help tell your style story.

I am a long-time "jewelry person" and love accessorizing my outfits...and I am happy to teach you! You are always welcome to come play dress-up at my home studio in Chandler.

Or I'd love to do a STYLE PARTY for you and your friends to show you how to use what you have and add a few strategic pieces that will help you stretch your jewelry wardrobe.

You can also have a few friends over in my home Image Studio if you prefer! Contact me for more information. You can also shop here: www.myjbloom.com/tabithadumas or read more here: tabithadumas.com/jbloom-designs/

Lastly...

I want to encourage you to WEAR your jewelry. Being accessorized enhances your image and makes you feel good. Get in the habit of wearing a few accessories every day and see how it makes you feel.

Step Five Exercise

JOURNALING EXERCISE:

List five bottoms you have in your closet.

List ten tops you have in your closet.

Mix in interest pieces or completed pieces.

Match up as many items as possible to create outfits. Try pairing items you've never tried before! Then play with accessories.

PINTEREST CHALLENGE:

Create an "Outfits" and/or "Accessories" board. Start pinning the looks you love, especially when the images are of clothing pieces you already own.

Pin ideas for "how to wear scarves" or "belt outfits" so you'll know how to wear what you have in new ways.

Check out my board on wardrobe and outfits:

[.pinterest.com/tabithad11/dress-up-wardrobe-and-outfits](https://pinterest.com/tabithad11/dress-up-wardrobe-and-outfits)

POST:

A picture of an outfit you put together for the first time. Bonus points if you're wearing it! Remember the shoes and bag, too.

Wrap-Up

That concludes our class! I hope that this will be the first of many classes I offer and this one will give you a wonderful foundation to build upon!

Please let me know if you have questions or if you get stuck. Also check my events page for in-person opportunities to learn and play together.

Also let me know of any classes you'd like to see me offer in the future.

Thank you for joining me and I hope to see you online or out and about - -looking fabulous - -very soon!

Tabitha