5 Things Hidings In Your Wardrobe Right Now

And What They Might Be Trying To Tell You

By Nicole Alexander



CONNECT WITH LIFE
Default to Deliberate

NUMBER 1

The Clothes You're Saving For Best

What Are You Waiting For?

You know the ones.

The dress that is too nice for everyday.

The jacket you have been saving.

The outfit waiting for the perfect occasion.



REFLECTION PROMPT

What item are you saving right now?

NUMBER 2

The Clothes That No Longer Fit Your Life



Who Were They Bought For?

Sometimes our wardrobes contain clothes that belong to another chapter.

A previous role, routine or version of life that no longer exists

It could simply mean they may no longer belong in the story you are writing now.

CONNECT WITH LIFE
Default to Deliberate

REFLECTION

Which items no longer match your current lifestyle?

NUMBER 3

The Clothes Bought For The Person You Thought You Would Become

The Future Me Wardrobe



These are the clothes bought with hope.

The clothes for when life slows down, when confidence arrives, when you lose that weight, when you become the person you imagined..

The question is:

How many of those qualities are available to you already?

REFLECTION

Do any of your clothes belong to a future version of you?

NUMBER 4

The Clothes You Forgot You Owned

Hidden In Plain Sight

Almost every wardrobe contains forgotten treasures.

Not because they are unwanted, but because they simply disappeared behind everything else.

Sometimes we don't need something new.



CONNECT WITH LIFE
Default to Deliberate

What might you find if you looked again?

NUMBER 5

The Clothes That Need A Five-Minute Repair

Almost Ready To Wear



A missing button.

A loose hem.

A broken zip.

Many garments leave active service because of a tiny repair.

Yet those small fixes often take less time than choosing something new online.

What could be rescued with five minutes and a needle?

What Did You Discover?

The most sustainable item in your wardrobe is often the one you already own.

Sometimes sustainability starts with a different purchase.

More often it starts with a different perspective.

If this exercise has encouraged you to think differently about your wardrobe, you may enjoy my workshop:

SUSTAINABLE STYLE"

Making More Of What We Already Own

A practical and thought-provoking workshop exploring clothing, consumption, repair, reuse and conscious choices.

To learn more about Sustainable Style™ visit:
www.connectwithlife.co.uk



Perhaps the answer is not hiding in the shops.

Perhaps it's already hanging in your wardrobe.

Nicole Alexander

CONNECT WITH LIFE
Default to Deliberate