



Got a wardrobe full of clothes and still feel like you've got nothing to wear?

WARDROBE CHARTS

If the contents of your wardrobe don't match your lifestyle and how you spend your time, you'll constantly feel like you've got nothing appropriate to wear.

Use these charts to see if you have a match and to achieve the right balance!

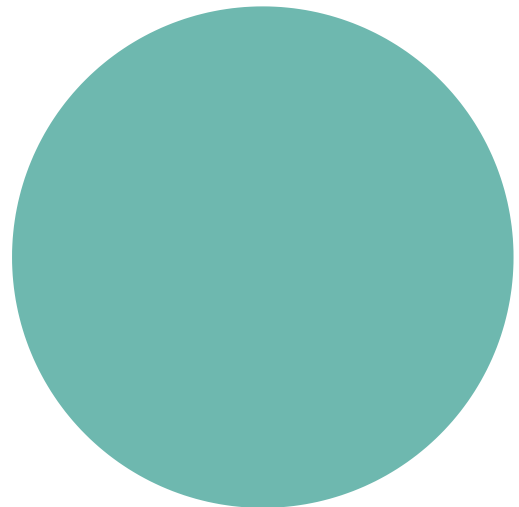


Fill in the pie chart opposite with how you spend your time using the list below.

- Working
- At home
- Looking after children or relatives
- Leisure and hobbies
- Socialising and entertainment
- Exercise and physical activities
- Running errands



Next, complete the pie chart opposite with the contents of your wardrobe which fit the same categories listed above.



Example: If you spend 50% of your time at work then 50% of your wardrobe contents should be represented by work clothes. If you spend 5% socialising then 5% of your wardrobe should be appropriate for social occasions.

**When your charts don't match in equal proportion,
focus on adjusting them so they do.**

Need help?

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