



March came in like a lion and went out like a lamb as expected, although you wouldn't know it from the rainy weather we're having today.

It's the perfect day to stay in and serve up another double issue of the KLN!

There was just too much good information in March to be contained in only one page, so I'm combining March and April once again for your reading pleasure.

The double issue may become a regular thing if you find you're enjoying it. Please feel free to reply to your email and let me know what you think. Enjoy spring and these spring cleaning image tips!

## First of all, let's talk emotionally...



### Ask yourself why you're holding on to things you never wear.

1. Are there things in your closet that still have the price tags?
2. Are there things in your closet you've worn once and never again?
3. Are there things in your closet you bought as 'retail therapy' that don't go with anything else you own?

If so, there might be an emotional need you're filling instead of a biological need for new clothes.

It's perfectly okay to have emotional needs around clothes, but when your emotions start ruling your closet space, preventing you from getting the new things you love and feel great in, then it's time to take stock.

Like any relationship, your relationship with your clothes can be outgrown, both literally and figuratively. If you've got excess baggage in your closet, you're wasting your time getting it organized.

First, get rid of all the things that don't fit the above principles and gain a little breathing room to move!

Last issue we addressed some important self-image and body image concerns and provided some exercises to help you love yourself more fully. Now that you love your bits, you need to love what goes on them! Here are my top three Spring Closet Cleaning Tips...

## Tip #3: Anything that needs love needs to get it!

Anything that is ripped, stained, missing bits or is just plain grubby doesn't deserve to stick around in its current state.

If it's something you will wear again, please put it in a 'repair' or 'clean' pile and give yourself a timeline for when you will deal with the necessary fixes.

This can include:

1. Drycleaning
2. Stain removal
3. Hem or seam repair
4. Button, snap or zipper fixing
5. Alteration.

Top recommendations:

1. Woodman's Cleaners in the Bentall Center.
2. Tide Stain Stick or Shout Remover.
3. Stitch International in Park Royal.
4. Stitch International in Park Royal.
5. Stitch International in Park Royal.
6. Ace of Suedes on Venables for leather goods.

## Tip #2: Anything that doesn't fit needs to go!

Anything that doesn't fit you is only mocking you and doesn't deserve to take up space in your precious wardrobe.

This could mean something that is too big (if you love it, see if it can be altered), something that is too small (see below) or something that is outdated or 'not you' any longer.

**"I will fit into it someday..."**

**is not a plan for action.**

**If you are serious about changing your body and have fully appreciated it as it is, then help yourself out by making a plan.**

**Write down your goals, write the action steps you'll take to achieve them and call for professional help.**

**Top recommendations:**

**Sheron Stone, Symmetrix Exercise and Rehab  
Nicole Yamanaka, Le Physique Personal Training**

**If you're not prepared to do this, then get rid of all of those items that are just wishful thinking, stop trying to dress the body that was and prepare to love and dress the body that is.**

## Tip #1: Anything you don't love doesn't deserve to be in your closet!

Think about it. You wouldn't keep around a boyfriend, girlfriend, dog or anything else you didn't love, so why do you keep settling for less or 'it's good enough' in your closet?

How wonderful does it make you feel to continually be wearing only those things that you settled for, those things

that were on the sale rack, those things that you bought just because they seemed like a good idea at the time?

I'm guessing it doesn't. Think of your closet the same way you think of your body. In the immortal words of Cher Horowitz in 'Clueless', as she and her BFFs are discussing boys in the mall...

"You see how picky I am about my shoes, and they only go on my feet!"

Why should you settle for a less than stellar relationship with your clothes? I recently heard from a colleague that her client was dressing as though she was defeated.

Are you going to be defeated? DEFEATED????

Stand up for yourself and your closet and just say NO to those things that are in there and not loved. Be a little ruthless and lose what you don't use, don't love and don't need. You'll feel better immediately.

**Now, what to do with all those things? Here are my favourite places to consign...**

1. Changes on 10<sup>th</sup> Avenue in Vancouver
2. Turnabout on Granville and also Broadway

**and donate...**

1. Value Village on Victoria Drive
2. Salvation Army on 12<sup>th</sup> Avenue
3. Dress for Success on Hastings

Good luck with the cleanup and remember that nothing worth doing is worth doing halfway.

**Women usually love what they buy, yet hate two-thirds of what is in their closets.**

**~Mignon McLaughlin, *The Neurotic's Notebook*, 1960**

**Does this quote describe you? Do you feel overwhelmed? The ICU process is uniquely designed to gently help you make room for the important pieces and lose the ones that just aren't working.**

***Call us today for help!***