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PURGE *your* CLOSET *like a* PRO



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WHAT'S THE POINT?



The power of a "shop-able" closet lies in how it makes you FEEL. You should be able to trust the items hanging in your sanctuary, aka your home! You deserve to waltz in there every day and feel empowered to put on anything you see before you and know that it will 1) fit, 2) be in wearable condition, and 3) not feel overwhelmed by yet another mundane task--but instead inspired to use your clothing as an outward statement of your innermost self. No matter what that looks like!

Listen, we've all been there. The transition through life stages, body changes, styles & trends evolving... it's tough to keep up with. And at some point, it's natural to just accumulate so many different things to the point where every time you step into your closet it just feels like a graveyard of neglected items. You tell yourself you're going to mix it up, only to try on four things, each feeling worse than the previous, until you give up and reach for the comfort outfit you know will work every time.

At some point, we have to purge. It's time to say goodbye to the items you think are cute and you *swear* you are going to wear one day... yet another 6 month's have gone by and you haven't reached for it even once? Ta-ta, my friend!

But purges can become overwhelming very quickly. So in this guide we're going to break down how to weed out the "no" items, identifying the keepers, and dutifully filling any gaps that might exist in our wardrobe.



first up:

PREPARATION

01.

What's your system?

What we are NOT going to do, is impulsively start this process with zero preparation or forethought. If you've ever attempted to purge before, you know things have to get worse before they can get better... and if you're not careful, you can end up with a closet full of chaos and zero motivation to finish sorting the mountain of clothes before you.

So, before you begin, here's some items I want you to think through:

Do you have a "Keep", "Donate", and "Alter" section? Or do you want to sell some items? I would recommend having a game plan -- don't just pile the "no's" into an area with no idea what you're going to do with them. They will end up staying in that pile -- looking at you every day, stressing you out. So pick a system and **stick to it**.

It's okay to add in some unconventional options if it's what suits your situation best. Just be careful not to overcomplicate things. Or create circumstances where you're likely to use one category as an excuse to keep things that really need to go.

For example, my strategy was this:

- 1) Keep
 - 1A: Keep in main closet for immediate use
 - 1B: Keep in storage for when I'm pregnant / post partum
- 2) Donate
- 3) Sell
- 4) Alter / Repair

I was in a situation where I had lost weight but had a lot of really nice clothes or items that I knew I'd need again one day, but currently no longer fit. Things like: pajamas, bras, and jeans. All pieces I invested in and that I know will fit me again one day, so I opted to keep them around rather than having to buy replacements down the road.

02.

How will you separate?

Okay, now you know what the options are for each piece. It's time to create a system for where you'll start gathering those items as they accumulate. If you have a storage option like I did, do you have tubs on-hand to put those items in? Where will the tubs live forever once you're done sorting?

If you're donating--how are you taking the items to the donation center? Should you immediately put things into trash bags that will go to the drop-off? Or do you want to pile them somewhere & bag once you're completely done sorting?

See where I'm going with this?

first up:

PREPARATION

If you're selling items: I would recommend posting as you go. I know it can seem counterintuitive, but I find that if I make a pile of "sell" items... that pile will sit and rot for a painfully long time, all the while stressing my lazy ass out. So instead, I've found that I like to utilize a separate instagram account, specifically for selling things. I will post items as I go, because since we have a game plan... it's actually quite quick and I can get through a lot of items in one sitting. And bonus: people buying things as I go is very motivating!

If this is not a system that would work for you and you prefer to do the secondary steps separate, then find a place to put all of your "sell" items in the meantime. Focus on the purge itself, and then worry about selling the items later. Whatever works best for your brain & that you're most likely to stick to!

The main point is to just have a plan going into it & make sure you have everything you need ready to go. That way you can lock in and roll through it with minimal interruptions.

03.

When will you start?

Is this a weekend project? A multi-evening after-work task? When are you most likely to.. dare I say... **enjoy** this process?

That might sound like a stretch if this whole concept overwhelms you. But I promise, it CAN be fun. Or at the very least, totally tolerable. You're in your own home, with your lighting, your mirror, and most importantly... YOUR TUNES.

So when works best to start and how long are you thinking it will take you / when do you NEED to be finished?

04.

Do you need help?

Some will prefer to do this totally alone.

Others might need a sounding board / emotional support human. If you fall in this bucket, who do you want to help you and are you **certain** they will be helpful? Be mindful not to bring someone in that might be a source of distraction / derailment or God forbid... NEGATIVITY.

The last thing anyone needs when trying on clothes and being surrounded by a potentially overwhelming environment is negative or judgmental input.

So if you choose to have help, choose your person wisely, coordinate with them and let's get this thing goin'!

I personally am a solo girly pop. I love to crank the jams up and just lock in for hours at a time.

next up:

DO THE DAMN THING

As you purge, you need a strong litmus test for items you get stuck on. Think about the woman you want to be. Ask yourself: "Does this item represent her? Or is this an antiquated version of me that I no longer identify with?"

So much of the work is actually in the preparation. Since you knocked all of that out ahead of time like an absolute professional purger--the rest of this process is easy. You're going to take out, one at a time, every single item you own. Try it on. Yes, on your body--not held up in front of you. Even if you're pretty sure you already know how you feel about an item, it doesn't matter: put it on.

I promise if you're disciplined about physically trying everything you own on, the items will practically make the decision for you. Bonus of this method: you're subconsciously teaching yourself what it feels like when you fill your closet with clothes that you don't actually love. It's not worth the momentary dopamine hit. You're also training your eye what fits / styles / cuts work best on you. But you get absolutely none of that invaluable information if you choose to skip trying some things on. So buckle in and try your stuff on.

Once a piece is on, you need a strong litmus test to run each item against. Ask yourself, "Does this item represent the woman I want to be?" and if not, why on earth would you hold onto it?

Stick to the plan. Crank the jams. You got this.

xoxo,

Samantha