

# Outfits

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Underneath							
Top							
Bottoms							
Shoes							
Accessories							
Occasion							
Rating							
Underneath							
Top							
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Rating							

## Underneath

- These are items underneath your top if they can be seen, like a tank top under a shirt, blouse under a sweater, or dress under a jacket

## Bottoms

- Differentiate between trousers, pants and jeans
- You can count tights as bottoms if they add some interest to your outfit

## Occasion

- Make a note of who you met or where you went (like a friend, appointment, or event) so the next time you meet them, you're not wearing the exact same outfit. They'll think you only have one if you keep showing up in the same things!
- You don't need to write down weekend wear like shorts & tees, but do add outfits for events you go to (weddings, brunch, company picnics, etc.)

## Top

- These are the most visible outer layer and can be a shirt, vest, blazer, sweater, or even a coat, if that was a critical or statement part of your outfit

## Shoes

- Using the brand and heel height helps, especially if you have multiple pairs of black boots!

## Accessories

- Include jewelry, scarves, hats, or purses that are a feature of the outfit

## Rating

- Add a smiley face for outfits that make you happy or comfortable
- Add a star if you felt like a rockstar
- Add a question mark if there was something just off about the outfit so you can correct it the next time
- Add a sad face if it didn't make you feel great or you fussed with it

## Tips



- Write down your outfits when you change out of them
- If you want to wear the same piece all the time, what about it works so well? Find something with similar elements the next time you go shopping
- Need a quick outfit? Scan your ratings to find an outfit that fits your mood that day (or close your eyes and point!)
- If you can't remember how you last wore a piece, look for it in previous entries
- If you frequently wear items together, switch things up by pairing them with different pieces
- Pay attention to items that you rarely wear and try to incorporate them. They want to come out and play, too!
- If there's a piece you never wear or makes you fussy, can you change what bugs you about it? If not, give it away!