

# YOUR WARDROBE AUDIT

Take a quiet moment to check in with your wardrobe. This isn't about rules, trends, or perfection – it's about noticing how your clothes make you feel each day.

Which pieces bring you confidence and ease?

Which ones feel like a burden or get left at the back of the closet?

**1. How do you usually feel when getting dressed – confident, rushed, frustrated, or indifferent?**

**2. Which clothes make you feel most like yourself right now?**

**3. If getting dressed were easier and kinder, what would that give you more space for?**