

— 2015 —
CLOSET MISSION
—

PART 1.0
SHOPPING
FAST

FEWER

=

BETTER

WHAT IS A SHOPPING FAST?

A shopping fast is the first step in our lean closet mission and consists of a 30 days period during which we refrain from buying any clothes and/or beauty products. During this time we will reflect on our shopping habits, identify impulse buying triggers and take stock of our closets as there are.

The goal for the closet mission is as much about getting to know ourselves as it is about building a dream wardrobe. So let's dig in!

FAST OBJECTIVES

1. **Go 30 days without buying any clothes (and/or make-up).**
 2. **Save money.**
 3. **Take a brief stock of closet pros and cons.** What items do you always reach for? Which ones haven't seen daylight in months? Years? This wardrobe analysis need not be too in depth, we'll get to that later.
 4. **Take notes.** Jot down a few thoughts on how you're feeling each day. This might sound kinda lame but it will give you lots of insight. On a good day you might not even think about shopping once. On a bad day you might feel frustrated, anxious and annoyed about this whole mission or you might even cave and that's OK. It's all part of the process but it's not in vain if we can learn from these moments.
 5. **Clear our minds and let the things that matter come to the surface.** Often shopping is a distraction or a method of procrastination that blocks us from thinking about or doing things we've been avoiding.
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EASIER SAID THAN DONE

TIPS FOR STAYING ON TASK DURING THE FAST

1

Small Steps

Start easy with just three days of no shopping and see how it goes.

2

Repeat.

If you go three days without shopping, awesome! Let's try that again.

3

One resolution at a time.

Focus on one New Year's resolution at a time to better ensure your success. Hold off on starting your gym membership or overhauling your eating habits if you don't want to get overwhelmed.

4

Write your goal down.

Put it somewhere you will see it often like your planner or desktop. Heck, plaster it on your bathroom mirror if that helps!

5

Fast Friends.

Moral support is key to making any lifestyle changes and it could be really fun to do your shopping fast with a friend or coworker. Plus you've got me! Feel free to reach out at any time and I'll be happy to hear what you're thinking.

6

Eliminate temptations.

Unsubscribe and unfollow brands and touch points that leave you feeling insufficient or wanting. Don't take a leisurely stroll down the street your favourite boutique is on. You get my drift.

7

Pick an alternate activity.

You've got some free time for the next 30 days so why not take a course or work on a project you've been meaning to start?

8

Visualize.

Just picture that savings account balance growing or the weekend trip you'll be able to go on.

9

Take Notes.

Keeping a little journal makes a big difference and will prove an invaluable resource when it comes time to make any wardrobe decisions.

10

Reward Yourself.

This one is a slippery slope so watch out. Consider rewarding yourself with something other than shopping, like a great dinner with your fella or a spa day with a girl friend. But be weary of the material reward, it might just lead to a relapse. If you're confident you can keep it under control then go for it!

THINGS TO TRY

USE YOUR 30 DAYS WELL. SIGN UP FOR A CLASS OR DO SOMETHING YOU'VE BEEN MEANING TO TRY FOR A WHILE.

01

02

03

04

05

06

LAST GREAT BUY _____

COST _____

BRAND _____

MATERIAL _____

QUALITY _____

VERSATILITY _____

REASON I BOUGHT IT _____

LAST BAD BUY _____

COST _____

BRAND _____

MATERIAL _____

QUALITY _____

VERSATILITY _____

REASON I BOUGHT IT _____

THOUGHTS

JOT DOWN A FEW WORDS OR PHRASES EACH DAY THAT DESCRIBE
HOW YOU'RE FEELING ABOUT THE FAST OR LIFE IN GENERAL.

DAY 1

Today I thought about shopping: Never Once A Lot

DAY 2

Today I thought about shopping: Never Once A Lot

DAY 3

Today I thought about shopping: Never Once A Lot

DAY 4

Today I thought about shopping: Never Once A Lot

DAY 5

Today I thought about shopping: Never Once A Lot

DAY 6

Today I thought about shopping: Never Once A Lot

DAY 7

Today I thought about shopping: Never Once A Lot

DAY 8

Today I thought about shopping: Never Once A Lot

DAY 9

Today I thought about shopping: Never Once A Lot

DAY 10

Today I thought about shopping: Never Once A Lot

DAY 11

Today I thought about shopping: Never Once A Lot

DAY 12

Today I thought about shopping: Never Once A Lot

DAY 13

Today I thought about shopping: Never Once A Lot

DAY 14

Today I thought about shopping: Never Once A Lot

DAY 15

Today I thought about shopping: Never Once A Lot

DAY 16

Today I thought about shopping: Never Once A Lot

DAY 17

Today I thought about shopping: Never Once A Lot

DAY 18

Today I thought about shopping: Never Once A Lot

DAY 19

Today I thought about shopping: Never Once A Lot

DAY 20

Today I thought about shopping: Never Once A Lot

DAY 21

Today I thought about shopping: Never Once A Lot

DAY 22

Today I thought about shopping: Never Once A Lot

DAY 23

Today I thought about shopping: Never Once A Lot

DAY 24

Today I thought about shopping: Never Once A Lot

DAY 25

Today I thought about shopping: Never Once A Lot

DAY 26

Today I thought about shopping: Never Once A Lot

DAY 27

Today I thought about shopping: Never Once A Lot

DAY 28

Today I thought about shopping: Never Once A Lot

DAY 29

Today I thought about shopping: Never Once A Lot

DAY 30

Today I thought about shopping: Never Once A Lot

CONGRATULATIONS!
YOU MADE IT!

My Shopping Fast is done and I feel:

QUICK ANALYTICS

Take a look back through the days and tally:

of days I didn't think about shopping _____

of days I thought about shopping once _____

of days I thought about shopping a lot _____

How difficult did you find the fast?

A CINCH, SO EASY

IT WAS A CHALLENGE BUT NOT UNBEARABLE

TOUGHER THAN I EXPECTED

NEAR IMPOSSIBLE

HOPEFULLY YOU'RE COMING AWAY
FROM THIS SHOPPING FAST FEELING
GOOD ABOUT WHAT YOU'VE
ACHIEVED AND ENERGIZED TO KEEP
GOING WITH THE CLOSET MISSION.

NEXT STEP - 2.0 CLARIFY + DEFINE
VISIT STYLEBEE.CA FOR MORE INFO
