—— 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.

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.

Focuse 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!

UNSUBSCRIBE

FIGHT THE FEAR OF MISSING OUT.

MAKE NOTE OF ANY RETAILERS YOU'VE UNSUBSCRIBED FROM DURING THE FAST IN CASE YOU WANT TO SIGN BACK UP LATER.

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		
0.3		
02		
03		
04		
05		

LAST GR	REAT BUY
COST _	
BRAND _	
MATERIAL _	
QUALITY _	
VERSATILITY _	
REASON I BOU	GHT IT
LAST BA	ND BUY
COST _	
BRAND	
MATERIAL _	
QUALITY _	
VERSATILITY _	
REASON I BOU	GHT 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: \square Never \square Once \square A Lot

DAY 2

DAY 3

Today I thought about shopping: \square Never \square Once \square A Lot

DAY 4

Today I thought about shopping: \square Never \square Once \square A Lot

DAY 5

Today I thought about shopping: ☐ Never ☐ Once ☐ A Lot

Today I thought about shopping: ☐ Never ☐ Once ☐ A Lot

DAY 6	DAY 9
Today I thought about shopping: □ Never □ Once □ A Lot	Today I thought about shopping: □ Never □ Once □ A Lot
DAY 7	DAY 10
Today I thought about shopping: □ Never □ Once □ A Lot	Today∣thought about shopping: □ Never □ Once □ A Lot
DAY 8	DAY 11
Today I thought about shopping: Never Once A Lot	Today∣thought about shopping: □ Never □ Once □ A Lot

DAY 12	DAY 15
Today I thought about shopping: ☐ Never ☐ Once ☐ A Lot	Today I thought about shopping: ☐ Never ☐ Once ☐ A Lot
DAY 13	DAY 16
Today I thought about shopping: □ Never □ Once □ A Lot	Today I thought about shopping: □ Never □ Once □ A Lot
DAY 14	DAY 17
Today I thought about shopping: ☐ Never ☐ Once ☐ A Lot	Today∣thought about shopping: □ Never □ Once □ A Lot

DAY 18	DAY 21
Today∣thought about shopping: □ Never □ Once □ A Lot	Today∣thought about shopping: □ Never □ Once □ A Lot
DAY 19	DAY 22
Today∣thought about shopping: □ Never □ Once □ A Lot	Today∣thought about shopping: □ Never □ Once □ A Lot
DAY 20	DAY 23
Today I thought about shopping: □ Never □ Once □ A Lot	Today I thought about shopping: □ Never □ Once □ A Lot

DAY 24	DAY 27
Today I thought about shopping: □ Never □ Once □ A Lot	Today I thought about shopping: □ Never □ Once □ A Lot
DAY 25	DAY 28
Today I thought about shopping: ☐ Never ☐ Once ☐ A Lot	Today∣thought about shopping: □ Never □ Once □ A Lot
DAY 26	DAY 29
Today I thought about shopping: □ Never □ Once □ A Lot	Today∣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

5 , , ,
of days 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
T NEAD IMPOSSIBLE

Take a look back through the days and tally:

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