

30 Day Shop Your Wardrobe Challenge

Hi, I'm Jill Chivers

It's my pleasure to be sharing this special 30 day challenge with you. I have been in love with clothes and style for as long as I can remember, and this topic simply fascinates me.

Before we jump into this 30 day challenge, let me share just a little about what has brought me to this topic.

I was a compulsive shopper for years. And for much of that time, I didn't even realise it.



I thought shopping was a harmless pastime or maybe a contact sport I had become very, very good at. Shopping was my favourite hobby. I had more than enough clothing, but I was continuing to shop and add more to a bursting-at-the-seams walk in wardrobe.

I had racks and racks of stuff I didn't need, or even want. Why was I buying so much when I already had so much? I had no idea what the answer to that question was.

But I knew I had to find an answer.





My Journey

The path I chose to explore this question was to take a year without clothes shopping. I had to stop the constant intake of new items into my closet. I had to put some space and distance between me and all this buying, and buying, and buying.



That Year Changed My Life

It changed how I think and feel about shopping, and it changed my shopping behaviour. It also led me to work in this intriguing and complex field of compulsive and unconscious shopping.

Since then, I have met many women who are struggling with their own over-shopping demons. They shop too much, by their own definition, but it's ceased to bring them satisfaction. They're buying too much and wearing too little. They often feel "How can I have nothing to wear - I have all these clothes!" - a very frustrating feeling!

Which is why I created this 30 day challenge - to provide a practical and inspiring experience to reconnect you to your wardrobe and what you already have. No matter how large or small your wardrobe is, this 30 day challenge is designed to have you experiencing it in new and interesting ways.

A photograph of two women standing outdoors, smiling and talking. The woman on the left is Black with her hair in braids, wearing a white button-down shirt. The woman on the right is white with short blonde hair, wearing a grey cardigan over a floral patterned top. They are in a sunlit area with trees in the background.

Challenge Inspiration

I'd been shopping my wardrobe for 3 years when I participated in a delightful challenge called the FABruary Style Challenge.

During the month of February, we were given a different theme for each day of the month, and encouraged to use that theme as the inspiration point for creating that day's outfit.

I was already on board with not only the idea but the day-to-day practice of shopping one's own wardrobe so I wasn't sure how valuable I'd find this challenge - but I enjoyed every single day of it!

Why?

Because the daily themes focused my attention on my wardrobe in a new and different way.

I knew there were many women who would value a daily injection of inspiration to start shopping their wardrobes.

After all, many women love the idea of shopping in their own wardrobes - they just aren't sure how to start going about it.

And that's what this 30 day challenge is intended to do - give you a starting point for 30 days to shop in your own wardrobe and experience for yourself what it's like to tap into the hidden mileage and magic lurking there.



How To Go About This Challenge

Here are some suggestions to get the most out of this challenge: For each day of your 30 day challenge, you will be given a theme. Use that theme:

- As a starting point for creating that day's outfit. Locate item/s in your wardrobe that relate to that day's theme and create your ensemble around that/those item/s.
- As an invitation to explore and play around with items lurking in your wardrobe.
- As a jumping off point for creating your own theme for that day.

Remember, this isn't a test and you can't fail. You win if you give it a go.



Some other considerations:

- Do each day in turn as it's suggested, or swap days around and pick a theme at random or as the mood takes you.
- Do the challenge as 30 consecutive days or do it over a longer period by doing two or three days in a row or doing one day every week.
- Once you've finished the 30 day challenge, start again but re-order the themes/days so you do it in a different order the second time around. I've provided a template so you can easily create your own personal, tailored 30-day Shop Your Wardrobe challenge.
- Interpret each theme as you wish, it's up to you what you do with each theme. Some day's themes are quite concrete and specific, and others are deliberately more abstract and open-ended.
- Don't skip any day's theme. Do them all!

How To Go About This Challenge *continued*

To get the most out of this 30 day challenge, start a photo library of the outfits you create. That way, you can see for yourself the progress you're making in exploring and shopping your wardrobe.

You can also keep an electronic diary of your experiences of doing this challenge, capturing your thoughts and feelings of shopping your wardrobe for 30 consecutive days.

At the end of the 30 days, you'll have a whole lot of inspiration, including at least 30 photos of new ensembles you've never created or worn before, you can use anytime you get that "what will I wear today?" feeling.



Remember that this is a 'no shopping' challenge - every ensemble you create is to be from items already in your wardrobe. It's designed to have you exploring and playing in your wardrobe and being more creative with what you already have.

The idea of this 30 day challenge is for you to experience for yourself what it's like to shop in your wardrobe.

Be open to what you might discover and believe you can do it - I do!

Most of all, relax into it and truly enjoy this 30 day challenge. It's designed to be fun and rewarding!

30 Day Shop Your Wardrobe Challenge

Day 1: Colours you've never combined before

Day 2: An item of clothing you haven't worn in 6 months

Day 3: Add a layer*

Day 4: Something that is "just for good"

Day 5: A dress or skirt, styled in some way (eg: with a belt and/or heels, with a blouse not a t-shirt)

Day 6: Black (or dark neutral) with something other than white

Day 7: An accessory* you haven't worn in 6 months

Day 8: Something daring or exciting



Day 9: Two more pieces of accessories than you usually wear

Day 10: Something shiny, sheer or silky

Day 11: Something that scares you, just a little bit

Day 12: Shoes never worn with this ensemble before

Day 13: A pattern with two colours

Day 14: An item of clothing you haven't worn in 12 months

Day 15: Colour on the bottom half

- Layers can be achieved with a jacket, shirt worn as jacket, cardigan, sweater, vest, shrug, wrap or large scarf.
- Accessories include earrings, bangles, bracelets, cuffs, rings, necklaces, belts, scarves, brooches, hair accessories.

30 Day Shop Your Wardrobe Challenge

Day 16: A block of colour, no patterns or prints

Day 17: Something inspired by your style icon/s

Day 18: A top never teamed before with this bottom

Day 19: Accessories around your face (earrings, necklaces, scarves)

Day 20: Pants, styled into an outfit in some way (eg: with a belt, with sandals or heels, with a blouse not a t-shirt, etc)

Day 21: Boots, heels or wedges

Day 22: A print you haven't worn in ages, but worn differently somehow

Day 23: Something just for fun!

Day 24: Something that feels SO you (that you've just been waiting for permission to wear or combine)

Day 25: A jacket teamed differently than usual

Day 26: An accessory not worn in 12 months

Day 27: Colour on the top half

Day 28: Add a layer, but different to before

Day 29: A new colour combination, not teamed together before

Day 30: Neutral base combined with a pattern/print for flair or accent



My Tailored 30 Day Shop Your Wardrobe Challenge

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

My Tailored 30 Day Shop Your Wardrobe Challenge

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

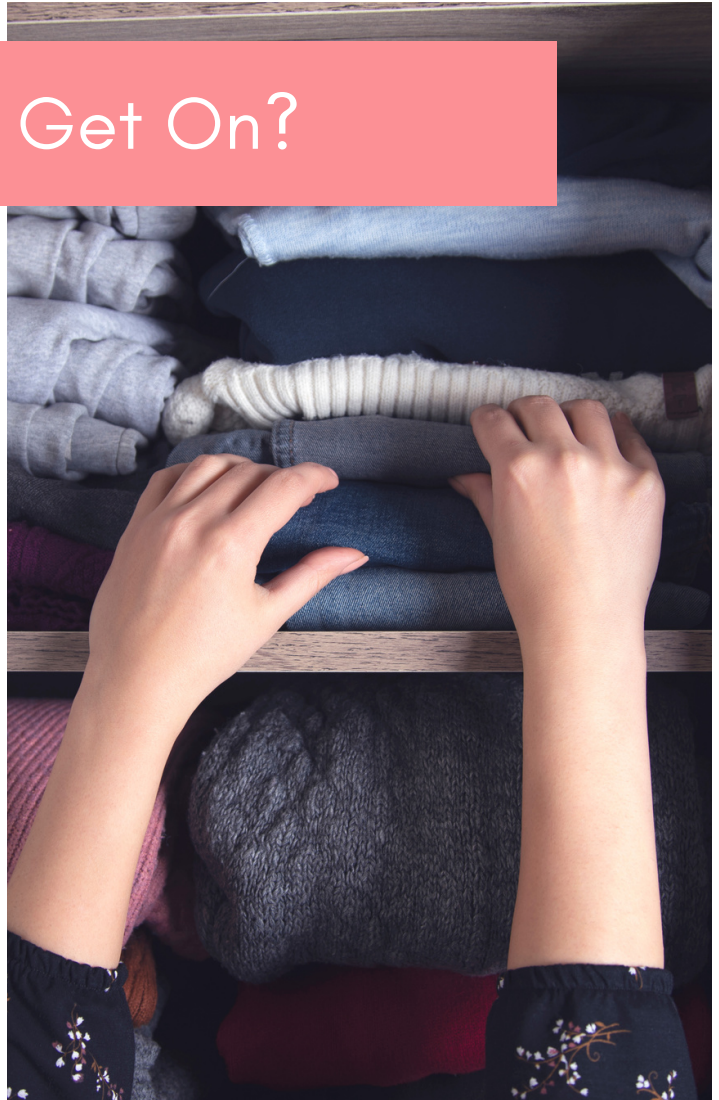
How Did You Get On?

This can be a very interesting process, an intriguing experiment: exploring, playing with and shopping your wardrobe for a full 30 days.

I hope you've found it an enjoyable and valuable experience, and that your relationship to your wardrobe is better, or at least enlightened, as a result of doing this.

I'd love to know about your experiences of shopping your wardrobe during this 30 day challenge.

Would you drop me a quick line and let me know?



What was interesting? Surprising? Annoying? Delightful? Helpful?

What is now different as a result of doing this?

How is your wardrobe better? What else has improved? What else are you curious about?

When you get a moment, please drop me a line at contact@shopyourwardrobe.com and let me know!

I'd appreciate hearing from you

Jill

About The Author

I'm Jill Chivers and I understand what it's like to 'shop til you drop' and yet still feel it's never enough. I know how heavy that feeling is. And I'm here to tell you it is possible to lay that burden down, to stop the constant shopping, and to reclaim your life.



Your Life

Your life is not to be found in the mall. You won't get to the end of your life (the ultimate scorecard, if ever there was one) and wish you'd spent more time shopping.

Life is about the experiences you have, the people that you love, and the contribution that you make. And none of those things have anything to do with or require shopping.

My goal and intention with everything I do in this space of conscious consumption is to encourage you to think about the shopping you do, and to choose it - not find yourself accumulating more and more stuff you don't want, don't even need, and won't fully use.

Through products and resources I've created, I help women who shop too much to stop, or at least cut down.



Where To From Here?

If you enjoyed this 30 day challenge, you would likely enjoy and gain a lot of value from participating in one of our value-for-money paid programs.

6 Week Conscious Clothes Shopping Mini Course

This is our shorter course, the 6 Week Conscious Shopping Mini Course. We provide you with the tools to start improving your relationship to shopping in this starter course which contains over 50 pages of thought provoking and action prompting material. Delivered online with 14 email lessons over 6 weeks, and all topics are geared around conscious clothes shopping.

28 Day Wear Your Wardrobe Workshop

The 28 day Wear Your Wardrobe Workshop provides you with 28 days of enlightening content delivered in four emails. You can self-pace the creative exercises which are designed to have participate so you can tap into the hidden mileage – and magic – in your existing wardrobe. You'll be wearing – and loving – more of your wardrobe!

My Year Without Clothes Shopping Program

The My Year Without Clothes Shopping program is our marquee program, the jewel in our crown. My Year Without Clothes Shopping (MYWCS) offers 12 themes over the 12 months, 52 in-depth weekly tutorials, and bonuses and benefits in our members only area. All in all, there's over 1000 pages of material. This is a premium program where we give you the very best of what we have to offer about the journey back to conscious clothes shopping. We know of no other program like it in the world.