

# FDtD

**MODULE 1**  
VISUALISE YOUR DREAM WARDROBE

## What does your dream wardrobe look like?

You can't create your dream wardrobe before you know what it is you want. You've probably got some general ideas, maybe even a few specific ones, but you likely don't have a cohesive overall picture.

Without this cohesion, the items in your wardrobe won't match and you'll have trouble picking outfits each day.

So, to combat this, you need to do some serious visualisation.

### Get inspired

Use Pinterest, Instagram, or even magazines to inspire you. Save pictures that resonate with you. There's no need to be cautious - save what you love whether you have the confidence for it or not!

What activities do you do regularly? Do you travel a lot, go to dinner with your partner, spend most of your time at work? What are your dream outfits for these activities?

Don't forget your hobbies. What do you do for fun? What do you wear? What would you wear in an ideal world?

Look at different types and styles of clothes. Do you like dresses? Long or short, slim and elegant, or relaxed and flowy?

Remember to include colour. What colours really speak to you? Which ones make you pause in your scrolling to stop and admire?

Try to be targeted in your searches. For example, rather than "wardrobe inspiration" or "outfit inspo" try:

- ✓ winter office job outfits
- ✓ [insert your hobby here] outfits
- ✓ colourful capsule wardrobe inspiration
- ✓ blue wardrobe colour palette
- ✓ elegant outfit ideas
- ✓ summer travel wardrobe inspiration

Something I found super helpful is to search (in Pinterest) "style types." Looking through the different types of styles may help you figure out a particular look that you like, if you don't have one already.

From here you can narrow down your search to, say, "boho style" (or whichever style appeals to you most). This will yield specific outfit ideas and clothing that can form part of your inspiration.

### **Just don't...**

... visualise the dream wardrobe for dream YOU. It's the only constraint I'm going to give you. If you dream of being that person who's always off to a cocktail party but in reality, you never attend them - don't go through and save a whole lot of cocktail dresses for your vision board.

Unless, of course, you decide to wear those dresses at home every single day. If it would make you feel good, maybe you should.

But if your work or hobbies are messy you might want to reconsider, just to avoid the disappointment of ruining your dresses.

Alternatively, you can get a little old-fashioned - wear your nice clothes but take the necessary precautions to protect them, with an apron or overalls.

There are some gorgeous options available and they do a great job of keeping your good clothes clean. They also mean you can go from your messy work to receiving guests in a matter of minutes! Add these to your vision board if you need to.

### **Make your vision... visual**

Once you feel that you've created a big enough collection, use a program like Canva or Photoshop to create a vision board for your wardrobe. Canva is completely free and if you're not used to Photoshop, it's more user-friendly too.

Screenshot or import the images you saved and use a vision board template if you need to.

If computer programs are beyond you, don't worry! Your Pinterest board will work just fine. To create a shareable image, view your board on a desktop, zoom out, and use "Print Screen" to create your image. Alternatively you could ask a creative friend to help you out.

Once you're done, set your vision board as your desktop background, your phone background, or print it out and pin it beside your current wardrobe. Just make sure it's somewhere that you can see it all the time.

You're going to need to refer back to it from time to time, for both inspiration and motivation.

### Question 1

List the different types of elements you'd like to include in your vision board. Include colours, styles, outfits, hobbies, and even words that describe your dream wardrobe.

Using the elements you listed, create a vision board for your wardrobe in your preferred software. If you're unsure, try Canva.



### Question 2

Take a before photo of your wardrobe! The messier the better.

Share it in Unit 1 in the Facebook group, and also save it for later.

Now it's time to do a happy dance - Step 1 is done!