

Stylefinds

BY JANA K. HOFFMAN

Reinventing Personal Style



Tip: Donate your lightly worn, unwanted clothing and shoes to your local clothing drive or nearby thrift shop.

Is your wardrobe stuck in a rut? Allow us to help you reinvent your personal style just in time for the New Year. Shedding a few pounds without even stepping foot into a gym can be simple. And it all begins with your closet.

"The New Year's resolution is a perfect opportunity to redefine our personal style and refresh our image," says wardrobe consultant and stylist Tara Roseme of My Wardrobe Style (mywardrobestyle.com). Think of this like you would the hit TLC show *"What Not to Wear"*—only we promise not to be as harsh as Stacy London. To accomplish a fresh, new image, have a plan in place. Reorganization is key for a successful, chic update, and Roseme has the tools to get you going.

First, you must become aware of what you already own. Creating a new look doesn't have to be costly, so don't open your wallet just yet. By learning how your existing pieces work together to complement your figure, you're instantly giving new life to clothing you may have forgotten about. You'll next want to build a strong foundation with classic, quality pieces that will take you from season to season. Have fun with your clothing and mix and match items that you may have never thought to put together.

After becoming reacquainted with the pieces you intend to keep and wear, purge the articles of clothing that do not fit properly, garments that are outdated (we know you have them), and those that are worn out. "Once you purge and clean out what needs to go, you can actually see clearly

what you have left to work with," Roseme adds. Considering what you currently have, build outfits with the remaining pieces and make a list of what you need. "Sometimes it is as simple as adding some great accessories, belts, or a few updated pairs of shoes."

Roseme encourages thinking ahead, too. Planning a seasonal wardrobe is important and will keep you from overspending by purchasing clothing that doesn't fit or doesn't look good together. "[Women] may see trends that inspire them but they are not practical and realistic for their body types or lifestyle," Roseme says. It's so important to know what's in your closet before heading out to shop. This leads to smarter shopping and more savings—and we love saving!



Photo by Lori Smith

TARA'S LIST of Common Mistakes

1 CLOTHING THAT DOES NOT COMPLEMENT YOUR SHAPE

The biggest problem I find with my clients is that they are not aware of their body type and what looks good on them. Flattering pieces are what is key, and discovering what works with each individual shape is so important.

2 IMPULSE SHOPPING

Many women get caught up in the moment and purchase items because they like the "idea" of the garment. Unless you have an unlimited budget, always plan ahead what you are buying and how it will transition with the rest of your wardrobe. Don't buy on a whim!

3 BUYING TOO MUCH OF THE SAME THING

Everybody does it. When you buy too many of the same garment you are not maximizing your wardrobe, you are actually limiting it. Don't play it safe with always purchasing your favorites. After a while, it looks like you're always wearing the same thing.

SPEAKING
OF A NEW LOOK,
this section is receiving a
makeover!

STAY TUNED TO
JANUARY 2011
FOR THE **BIG REVEAL.**