



Turn your
closet from
chaos to
confidence!



*Create Your
Own Dopamine
Closet &
Feel Empowered
Everyday!*



1st

Review, Release & Recycle:

Go through your entire wardrobe. Anything you LOVE, keep it. Anything else, do a check in and see if you are meant to keep it. You can do this by clutching your items closely, close your eyes and think about this piece. Does it spark joy, love, or positive emotion? If yes, then put it in a 'keep' pile. For the items that you are ready to let go of, you can hold that piece for a while longer, thank it for its role, then release it into the 'throw' pile. Your throw pile, you can donate it or repurpose with some creativity plus scissors and a sewing machine. For some items, you may want to opt straight for the trash if there's no hope for its future – we all have those extremely loved yet very holey undies! Note: making a big mess in the process, is all part of the process.

Deep Clean:

Get down and dirty! Wipe shelves, drawers, corners. Get that dirt gone with your good ol' elbow grease! Fresh closet = fresh energy.

Feel free to cleanse an empty closet with essential oils or smudging if you have a vibe that you would like to refresh and/or invite new energies into this space.





3rd



Upgrade Your Structure:

Add shelving, drawers, boxes, or organizers. Create a home base space for each piece of clothing. You don't need to spend a lot of money here unless you want to. Of course you can go fancy AF, and get your closet custom designed by professionals or you can get creative with some cardboard boxes – or find a happy place somewhere in between.

Fold or Hang with Purpose:

Choose your system - folding, rolling, hanging, boxing. Easy viewing and access means easy choices. Whatever your method for putting away, ensure it is something that can be consistently recreated. I like to roll every item that is not hung or loose in a drawer (or box).





Organize Visually:

Arrange & put away clothes for your utmost comfort - by color, style, textures, or function. You can choose which way works best for your eyes and personal preference.

In sight = in mind.

Arranged for easy viewing in drawers and boxes counts.

After Photo Time:

Capture your dopamine closet glow-up!
Time to snap a pic of your hard work – it can
also double as your baseline reference too.

Go ahead and post with this hashtag

#MyDopamineCloset

and tag @joynetteinspires





Celebrate! Enjoy the Ease:

From here on out, getting dressed becomes smoother, faster, and way more fun. You'll actually want to play in your closet. You can reap the rewards every day now. Way to go!



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*Enjoy your empowering
closet everyday!*