

YOUR CLOSET REIMAGINED

Dr. Shelley Nash



MAKE SPACE FOR THE WOMAN
YOU'RE BECOMING

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MEET DR. SHELLEY



I'm Dr. Shelley Nash, a confidence, style & mindset coach, retired chiropractor, fashion professional, and creator of Style Your Life™.

With a background spanning fashion, healthcare, personal development and coaching, I've come to believe that how we feel on the inside and how we express ourselves on the outside are deeply connected.

I bring the power of inner and outer beauty together by helping women develop a personal style that is congruent with their authentic self and aligned with the life and goals they want to create.

Because when your style reflects who you truly are, getting dressed becomes more than putting on clothes — it becomes an expression of YOU.

Dr. Shelley

Dr. Shelley Nash
Style Your Life™:
Where Style Meets Self

MAKE SPACE FOR THE WOMAN YOU'RE BECOMING



CLEARING OUT THE OLD

It's time to make room for what feels like YOU now. Begin by letting go of clothing that no longer fits, serves you, or reflects who you are today — even those pieces you've been saving for "someday."

You don't have to judge your past choices. Appreciate what those clothes represented and then let them go with gratitude.

As you clear away the old, you create space for a wardrobe that feels more current, intentional and aligned with the woman you're becoming.

MAKE SPACE FOR THE NEW

Now that you've created some breathing room, resist the urge to simply fill it back up. Instead, become more intentional about what earns a place in your closet.

Choose clothing, shoes and accessories that you enjoy wearing, fit your life today and help you feel confident and authentic. You don't need more — you need pieces that feel right for YOU.

YOUR AUTHENTIC STYLE

You are creating a personal style that reflects who you are today and the woman you are becoming. As you become more intentional about what you wear, you can begin to feel more confident, aligned and authentic in the way you show up in your life.

Trust the process. Your style will continue to evolve as you do. The goal isn't to become someone new — it's to express more fully the woman who is already within you.

REIMAGINE YOUR CLOSET

REFRESH TWO TIMES A YEAR

I recommend giving your closet a refresh in the spring and fall.

It's a wonderful opportunity to look at what you own, let go of what no longer feels like you, and keep your personal style current.

Seasonal changes are a natural time to do this, but so are changes in your life — a new career, a move, a relationship change, or simply realizing that you've changed.

Give yourself enough time so you don't feel rushed. You can tackle your entire closet at once or work in smaller sections.

Put on some music you love and make the experience enjoyable.

As you go, notice what you're ready to release without judging yourself for past choices. Those clothes may have been perfect for an earlier version of you — they simply may not be right for you now.

Invite a friend to join you if you'd enjoy the company or want another perspective.

Most importantly, keep going until you've created a closet that feels lighter, more organized and more reflective of the woman you are today.



GETTING STARTED



Begin by taking everything out of your closet. Putting it in piles on the bed will help you stay organized.

Make 4 piles:

- Toss
- Consign, give away, donate
- Repair or alter
- Keep

Questions to Ask Yourself:

- Have I worn it in the last year?
- Is it thread worn?
- Does it fit?
- Can it be altered?
- Is it a basic?
- Does it bring me joy?
- Do I love it?
- Is the color in harmony with my skin tones?

One of the reasons many women hang onto clothes is that they think they are going to lose the weight to fit into it again.

I encourage you to only have clothes in your closet that fit.

We also tend to hold onto things we paid a lot for, wore for a special occasion, or have grown sentimentally attached. If you are not going to wear it again then let someone else enjoy it.

It is really important to feel good about everything you have and be able to wear it now.

KEEPING ORDER



CREATE ORDER

- Put things in clear containers so you can see inside.
- Get rid of shoe boxes, use a shelf, rack, or hanging shoe bag.
- Jewelry and scarves should be visible and organized.
- Use the same style hangers in one color. Black thin gripper hangers are my favorite.
- Keep clothes that need to be washed in a separate section or laundry room.
- Seasonal clothes in a separate section or closet.
- Coats and jackets in a separate closet.

COLORIZE BY CATEGORY

Put similar categories together and then colorize within each. From lighter to darker colors, put color hues and shades together. Trust your 'eye' and do what feels right to you.

Categorize: tank tops, short sleeve tops, long sleeve tops, sweaters, dresses, jackets, and bottoms.

KEEP IT MINIMAL

- You can only wear one outfit at a time.
- Remember you are creating space for who you are becoming.
- Merchandise what you have, mix and match and play with new combinations.
- Have fun and experiment, get out of your comfort zone.

BRANDING YOU

BECOME MORE FULLY YOU

IMAGINE

- How would you dress if your style truly reflected who you are?
- How do you want to feel when you walk into a room?
- Begin showing up as her today — with confidence and intention.

PERSONAL STYLE

- Think about what you want your style to say about you.
- What colors, shapes, accessories or details naturally feel like YOU?
- Notice the pieces you reach for again and again.
- Begin defining the personal style that allows you to express yourself authentically.

CREATE A STYLE STATEMENT

- Choose a few words that describe how you want to look and feel when you get dressed.
- Turn those words into your own personal Style Statement.
- Keep it in your closet or on your mirror as a reminder when you get dressed.
- Example: “Every day, I choose a style that feels confident, authentic and fully ME.”





WHAT'S NEXT?

Well Done

Congratulations! You've taken the time to clear your closet and let go of what no longer fits, serves you, or reflects who you are today. Take a moment to appreciate what you've accomplished. You've created more than space in your closet — you've made room to be more intentional about what you choose, how you express yourself, and the woman you're becoming.

Develop Your Personal Style

- Fashion is what you buy. Style is what you possess.
- Ultimately, style is not about the clothes. Style is about YOU!
- Style is about how you express yourself.
- Style is about being authentic, real and vulnerable.
- Style is about being completely, unapologetically, fully you.
- Style is stepping into your feminine power.
- Style is a desire within you expressed through the clothing you wear.
- You have style you just have to find it.

Continue Your Journey

- Clearing your closet is about more than making space. It's an opportunity to let go of what no longer reflects you — and become more intentional about what you choose to carry forward.
- Your style, your confidence, your surroundings and the way you show up in your life can all become a reflection of who you truly are.
- If you're ready to continue exploring your authentic style, confidence and self-expression, I'd love to invite you to visit me online.
<https://www.drshelleynash.com>



Come Join Me

You don't have to take this journey alone.

I'd love to welcome you into my free Style Your Life™ community — a place for women who are ready to rediscover themselves, build confidence, explore authentic style and become more fully who they are.

Inside, you'll find conversations, inspiration, resources and free trainings to help you continue your journey.

See you there.

Join the Style Your Life™ Community



JOIN THE COMMUNITY

Truth • Align • Express