

A GUIDE TO BUILDING A CAPSULE WARDROBE



WORKBOOK INC.

ONLY VIRTUES

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Hello!

At Only Virtues, we believe that fashion needs to add joy to your life. Getting dressed should be quick, easy and avoid stress so you can focus on what's important in life

YOU'RE IN THE RIGHT PLACE IF...

You have a closet full of clothes, yet struggle getting dressed, always feeling like you don't know what to wear.

You feel like you haven't found your style or feel the way you dress doesn't reflect your personality.

OUR PROMISE TO YOU...

Learn how to find your style and reflect it in the way you dress. Find the colors that appeal most to you and create a wardrobe that suits your lifestyle.

What is a Capsule Wardrobe?

A capsule wardrobe essentially is a concept that focuses on having less clothes but creating many outfits with this selection. A capsule wardrobe should contain timeless essentials that you enjoy wearing and style in many ways.

Whatever your approach is: you can adapt and make anything introduced to you work for you and your life. Whatever you do with this workbook or don't do: no one's watching.

YOUR THOUGHTS:

Assess Your Lifestyle

Many of us have closets full of clothing, yet not the right clothing for the lives we live. Owning a bunch of shirts when you work from home might not be the best fit. We often buy things based on an idea in our minds and miss the practicality it needs to have in every day life.

Clothes should help us navigate through life easily and therefore need to serve a purpose. A piece of clothing that can only be worn on a special occasion, might be a waste of space, or resources.

This exercise will help you assess what kind of clothing your lifestyle reflects.

Q ON YOUR WEEKDAYS, WHAT ACTIVITIES DO YOU DO?
(E.G. OFFICE WORK, STAYING HOME, WORKING OUT)

Q ON YOUR WEEKENDS, WHAT ACTIVITIES DO YOU DO?
(E.G. PARTIES, READING, GOING OUTSIDE)

Q IF YOU HAD TO DESCRIBE YOUR LIFESTYLE, WHAT WOULD IT BE?
(E.G. LAIDBACK, HIGHLIFE/LUXURY, PROFESSIONAL)

Wardrobe Checklist

Think about the assessment you just made, write down what kind of clothing you're missing in your wardrobe (e.g. more workout clothes) or which kind of pieces are underrepresented (e.g. not enough workout clothes).

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



WHAT ELSE IS MISSING?



Find Your Personal Style

PART ONE

First, we'll get your creative juices flowing. Go to Pinterest and sign up if you don't have an account yet.

<https://www.pinterest.co.uk/>

PART TWO

Create a board named "aesthetics" (or whatever name you like) and start pinning pictures that you like. Don't think too much about it, just intuitively start pinning anything that catches your eye and that looks nice to you.

Do the same with a board called "outfits" and pin outfits you find and like from Pinterest to this board.



Document Your Clothes



In this next, document your existing outfit choices. Simply take a photo every morning before heading out the door and collect them in an "Outfits" folder on your phone. You can also go through your camera roll and see if you already have photos of you wearing outfits that you did enjoy and feel comfortable in.

This may help to identify the types of items and outfits you tend to gravitate towards.

WHAT DO I WEAR OFTEN?

WHAT DO I NEVER WEAR?



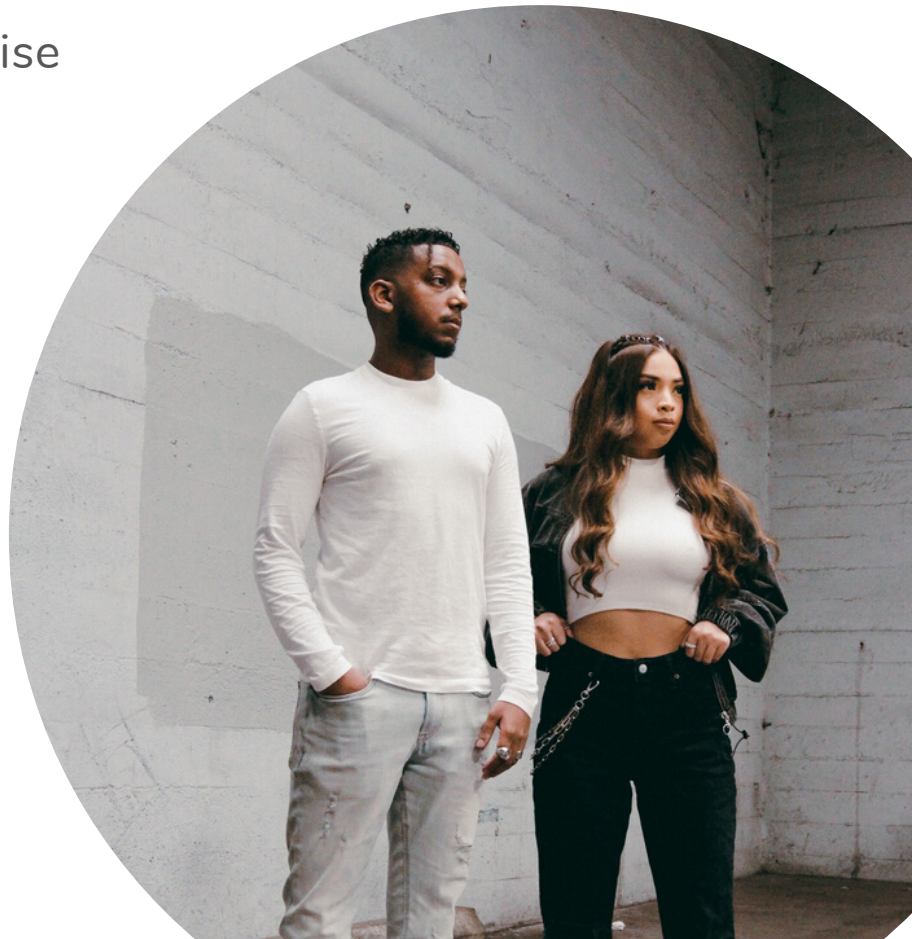
Every moment is an
opportunity to change
your perspective.

Plan Your Capsule



This is where the real fun part starts! Now that you've assessed your lifestyle, have an idea of what you gravitate to when getting dressed and an idea of what aesthetics you like, it's time to plan your capsule.

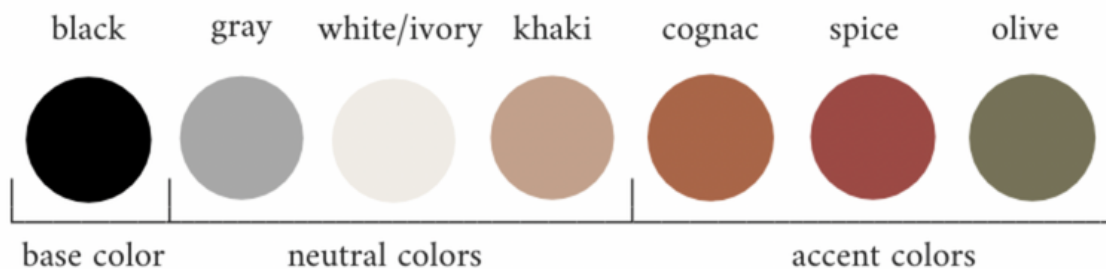
The more detailed and precise this part of the process is executed, the easier and more smooth the next step (decluttering) will be.



Colour Schemes

Going through your Pinterest boards and the documentation of outfits, you now get to pick your very personal colour theme.

Here's an examples of possible combinations. How you set up your colour scheme is up to you.



BASE COLOUR

Base colours are the main colours you'll use to build your capsule on. They will make up the core pieces of your wardrobe, the things you wear the most. They include colours like black, white, ivory, tan, navy, beige.

NEUTRAL COLOUR

Neutral colours should be complementary to your base colours, meaning that they work well with the base colour. For example: if your base colour is navy, a neutral colour that works with navy is white.

ACCENT COLOUR

The accent colours will be for adding pops of colour and interest. The accent colours can change from season to season or year to year and make up the smallest amount of items or sometimes just accessories.

COLOURS & PATTERNS

PICK YOUR BASE COLOUR (PICK 1)



Black



Navy

SELECT YOUR NEUTRAL COLOURS (PICK 3-4)



White



Ivory



Beige



Camel



Tan



Brown



Gray



Charcoal

SELECT YOUR ACCENT COLOURS (PICK 4-5)



Amber



Blush



Blush



Burgundy



Canary Yellow



Chambray Blue





Emerald Green



Lavender



Olive Green



Pink



Royal Blue



Teal



SELECT PATTERNS (optional)



Stripes



Floral



Checkered



New Capsule Wardrobe

Before decluttering there's a final step: planing your capsule. For this cluster your items into priorities, so you keep the right things. If your analysis in the previous steps has shown that you love black straight jeans, those would be a base piece of which you can also own more than once.

STAPLES

ADD-ONS

ACCESSORIES

NEVER WEAR



DECLUTTER

1

Those are the items that you are going to keep for your capsule wardrobe.

Make sure to stick to your colour palette and the items you identified as your style / suitable for your lifestyle.

2

If you're unsure about some items or they have sentimental value, don't force yourself to get rid of them. Put them away in a box.

3

Any item that does no longer serve you and can be repaired, donated, sold or recycled.

Instead of getting rid of everything immediately, pack everything you have decluttered into a box, label it with the date and see if you come back to certain pieces in the next months. If the box has been untouched for a year, donate, sell or recycle.

Questions To Ask Whilst Decluttering

Do I Love It?

Would I Buy It Again?

Do I Know How To Style It?

Have I Worn It Much?

Could I Do Without This Item?

Now that you have decluttered your closet and all items work well with each other, it's time to play. With less items you can now create an endless amount of outfits

Reassess

Make sure to reassess your choices, colours and go through this process more than once. Use this list to write down items that are missing in your wardrobe. This will keep you from impulse buys and help you carefully craft and plan your own wardrobe.

Items That Are Missing:

[illegible]

Thank-you!

Building and maintaining a capsule wardrobe is a dynamic and personal journey. This workbook and guide are valuable tools to enhance your understanding of minimalist fashion, sustainable choices, and intentional living. Remember, your capsule wardrobe is a reflection of your unique style and values, and the key is to continually evolve and adapt it to suit your changing lifestyle.



Other Resources

Below is a list of videos that may help in your journey to building your capsule wardrobe.

The Simple Minimalist Capsule Wardrobe

<https://youtu.be/q0z9wd7EdGo?si=xya4FwOFMBQkCf-T>

9 items, 9 outfits

<https://youtu.be/5Z5qKBLjvjl?si=-m3PORLq5DKqAQHE>

If I was starting a wardrobe from scratch, I'd buy this

<https://youtu.be/L0DGWlqfgi4?si=QXiOrMBjoPc1mvef>

Approachable Guide to a minimal wardrobe

<https://youtu.be/oxDfkLugcrA?si=goggKncC9YT7olcp>

