



“Codependent Relationship”

Worksheet: Give Yourself Permission to Say Goodbye

This worksheet is designed to help you get rid of the clothing that is no longer serving your Authentic Style by getting you to assess the items that you are hanging onto for various reasons so that you can let them go.

How to do this worksheet:

If it feels too painful to say goodbye to any item, take out a piece of paper and a pencil and write these questions down along with a space to answer them. Or simply read and answer every question as you look at each piece that you're struggling with getting rid of. By the time you get to question #7 you should know what to do with the item(s).

- 1 When was the last time I wore it?** (Hint: If it isn't a formal gown or a heavy wool coat needed only for your yearly trips to Alaska, and you haven't worn it in over a year, you might want to consider ending this relationship.)
- 2 If I have worn it in the last year, why am I not wearing it now?** (Hint: Rekindle the love that you once had by mixing it up with something you've never worn it with before. That ought to conjure up some excitement. Or check out the competition and see if you've got something similar in the wings that has stolen your heart. If it's the latter and you've acquired a new love, say goodbye to the old.)
- 3 Is it threadbare?** (Hint: If your answer is yes, thank your clothing for giving you so many good, or not so good memories. Give it a good hug and kiss, and kindly, with love, toss it in the trash.)
- 4 Does it fit me?** (Hint: If you're waiting to lose that 5+ pounds, put the item(s) in a box and store with a 'toss it' date. If you don't lose the weight, honor the 'toss it' date. Got it?)
- 5 Do I love it?** (Hint: If you don't shout out in excitement, "Ooh I love this _____!!" But, you just aren't excited enough to wear it. Pass it off to someone who will.)
- 6 Can I sell this?** (Hint: If the tags are still on, leave them on, consign it, and cut your losses. Or better yet, give it to a good friend who you know it will look good on, and enjoy seeing the excitement it will bring them when they wear it. Plus the joy you'll feel knowing that your hangers-on will be someone else's turn on, is priceless.)
- 7 What have you done for me lately?** (Hint: If your clothing isn't giving you what you want – making you feel: 1) more confident, 2) more attractive, 3) more successful 4) More _____(fill in the blank), perhaps you need to retire it, and find a replacement that can give you what you need.

Bonus Tip: If all else fails, and you're really struggling with getting rid of something because it has a warm sentimental value, don't stress. I have the solution if you must keep it:

- 1 Remove it out of your main wardrobe closet where it is only taking up precious closet space;
- 2 Fold it neatly and wrap it in tissue paper;
- 3 Store it in a special place. Perhaps in a trunk or chest where you like to keep other sentimental valuables;
- 4 Pull it out, admire it, or put it on for a few minutes if needed, when you feel like strolling down memory lane;
- 5 Fold it neatly again and wrap it in tissue paper so that it's ready for you to admire again and again when you feel the need.

So there you have it. You have your work cut out for you. But stick with my tips and you'll have great results.

Let me know if **I can help!**

xox

~Michelle