



Your practical guide

## HOW TO HAVE ALWAYS SOMETHING TO WEAR WITHOUT SHOPPING

Kamila Boudová



Preface

## **Build a meaningful wardrobe.**

**Become richer, more beautiful, healthier and happier.**

Of course that I used to long for new and affordable clothes and I was shopping literally every month, maybe even every week. Because what I was buying didn't last much longer. The white polyester shirt began to smudge. Chuck that. Surprisingly enough, the acrylic sweater also began to make lumps not to mention that it didn't keep me warm at all. Bows under the collar of a chiffon blouse all over the world announced that I had bought it more than five years ago and I did not have the courage go out in it anymore. I wanted to be 'in'. I wanted to have beautiful clothes, always be elegant and attractive, I just implemented the wrong strategy.

Today all my dreams come true. I am always elegant, I own a wardrobe full of quality materials that enhance my personal worth. I have built a wardrobe that is meaningful from the inside and out, from the bottom to the top. And I've been richer, more beautiful, healthier and happier ever since.

*Yours Kamila*



## Chapter No. 1

### **This is me.**

**This is how I perceive myself and this is the image I aspire to.**

Fashion has always been a dirty industry for the chemicals used in the process of growing cotton and textile dyeing and printing. Since the arrival of fast fashion the situation has got much worse. Apart of the toxic chemicals and horrific working condition we are now dealing with tons of textile waste. All the system is hooked up on trends that are changing in the speed of light and we end up running to the shopping mall and with the garbage with the objective to remain 'in'.

The first step on the journey from the fast fashion toward meaningful wardrobe is learn to stop shopping and learn to consciously invest in yourself, your wardrobe and our shared future. The second one is to define your style. It is tightly linked to our notion of who we are, how we perceive ourselves, what we aspire to and what impression we want to give. It is deeper and harder than it seems. But it is also much more creative and entertaining that you expect.

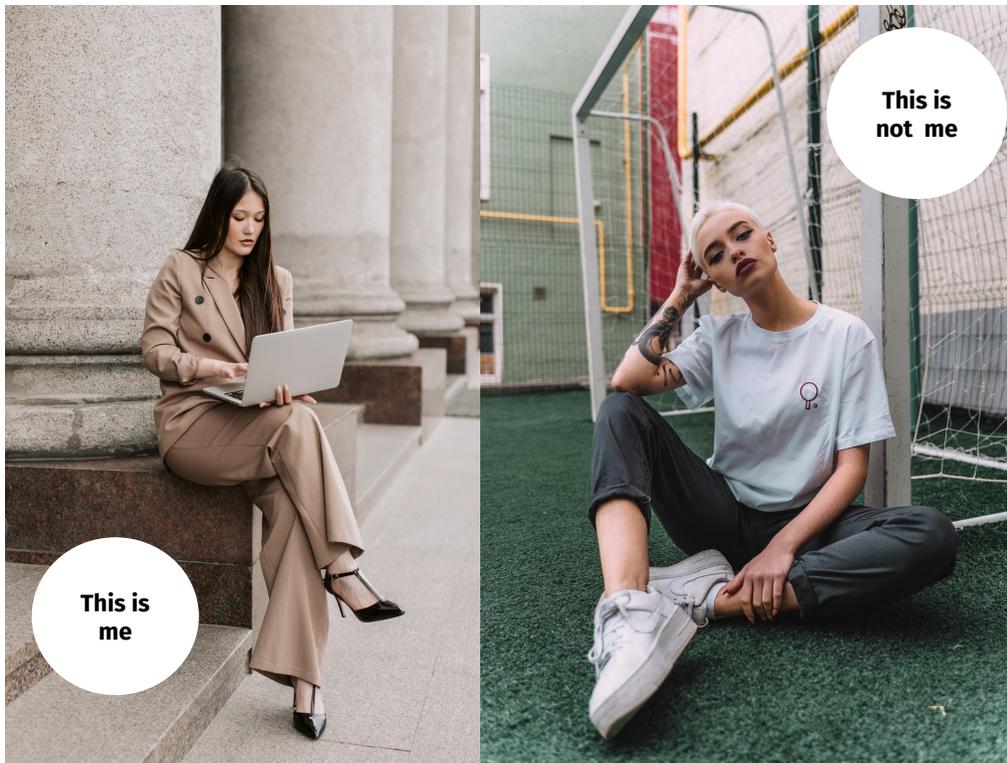
## How to define your style

How do you characterize yourself? Are you rather romantic or rational woman? Rather a bohemian or an athlete? Do you love latino or do you love rock'n'roll? Maybe you like both. Try to put a name on your style as well, try to define some key words: romantic, elegant, bold, sporty, modern, cocky, playful, joyful, extravagant.



While defining your style define also who you are NOT. What you do not aspire to. What kind of outfit makes you feel uncomfortable? What is the outfit that does not compliment my body and personality? You can like a lot of things, but we are looking for the looks you are actually going to wear and that will make you feel good.

When you clarify for yourself who you are and you start building your closet consciously in coherent style, you will handle your finances more wisely. You stop "shopping" and start "investing" instead. When you know what you want, you only buy the desired pieces that compliment your style, body and personality. You are not influenced by marketing, new seasons and new trends. You easily choose quality over meaningless disposable stuff. You naturally invest in pieces that please you and pamper you anytime you dress up.



When you define your style, you become immune to the temptations of shop windows and latest advertising campaigns. You are after a closet, that expresses who you are.

Have you found yourself in one of the pictures on previous pages?  
Did you think to yourself:

## YES, THIS IS ME!

Cut it out and stick it in the frame and write down who you are.  
Define how you are. What is your style supposed to say and express?

Better than that, take a pile of magazines and catalogues and cut out pictures and pages. Get many of them and then go through them again searching for the one picture. The one, that makes you feel like "yes, this is me".

Insert a picture expressing who you are,  
the first hint of your style.

Or stick it on your fridge.  
Or in your closet.



## Chapter No. 2

### **My style board.**

#### **Clear vision of my style.**

Did you find a picture, that represents you and your style in the previous chapter? Bravo!

Now it's the time to clearly define the vision and create a style board. It is the same as mood board or vision board, but it is about your style. It is a set of pictures with keywords that are visually cohesive and demonstrate.

You can create it on your laptop from pictures from Internet. You can also use Pinterest and put all the pictures you like in one board. Or you can use pictures from the magazines. The rules remain the same.

*The trends are  
the enemy of your style.*



## How to make a style board

Name your style. I used to aspire to the elegance of the Parisian women, obviously. This is why I called my style "Parisian beauty". I have moved on and created several new style boards and actualized my wardrobe since, but I will show you this original style board I made years ago on the next page.

There is something magic about working offline and with real matter. So I recommend you do at least your first vision from magazines. Now when you know what you are looking for, sit down and cut out all the pictures that express your idea about who you are and your ideal style. Simply cut out everything, you like. The more picture you get, the better. But still only pick what resonates with you. Then take all the pictures and spread them on on a big paper.

If you don't have any magazines, laptop is always an option. Insert all the pictures you like in one slide of a presentation (Google slides, PowerPoint or Canva will serve you well for this purpose). Make them small enough and spread them on the slide so that you can see them all.

Look at the result and write the keywords. It can be type of clothing or accessories such as "hats" or it can be DNA of your style, for example "romantic", "feminine".

# Parisian beauty

details

nadčasovost

hats

gathered skirts

romantic

elegance

white tops

slim jeans

navy stripes

quality

feminine



There are actually several types of Parisians. There are even many books written on the topic! Even in Paris some women are more modern, more chic, more romantic or more rebel... Even casual style can take on many forms. It can be more arty or more elegant. The pictures say thousands words to guide you, but take the courage to put words on them as well.

### Professional tip

*Find a lot of pictures. Cut out or download really ANYTHING you like. Once you are down browsing, spread them all and start treating them. Take out anything, that is not "it", even if the picture is amazing when you put it separately from the others. Keep only the ones close to your heart even if you get rid of 80 percent of the pictures in the process.*

*I know that it sounds contra productive to cut out all the pictures just to get rid of them in the end anyway, but this is the process that will give the best result, the most beautiful style board that will inspire you and motivate you to create it in your closet.*

## Colours

Looking at your style board, your colour preferences should be visible. If you are working on your lap top, you can add the colour scale to your style board.

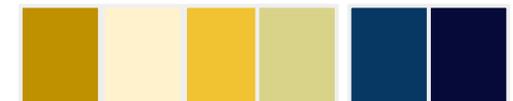
You can divide them in several groups. **The basic colours:** in my case these were black, grays and white. **Main colours,** that are defining this style board, such as gold, navy blue, beige. When I look for new clothes or when my friends offer their pre-loved pieces for adoption I try my best to respect this scale even if there are exceptions to this rule.

There are also **accent colours** that are found on the details: the lipstick colour, the accessories. They add character to your style.

Basic colours



Main colours



Accent colours





## Chapter No. 4

### **Build your wardrobe. Effective, stylish and high quality.**

Does it occur to you from time to time that you are staring into your packed closet and feeling like you have nothing to wear? Well, I guess everybody knows this feeling. Or better yet: every woman knows it.

It is time to act and implement a whole new system to the way you build your wardrobe. It is time to create your own collection instead of impulsive purchases of available, affordable and omnipresent trends that keep you spending your cash. Consciously built wardrobe can be as little as twenty pieces that can be mixed and matched so it offers endless number of outfits for any occasion or mood.

## Step one: Analyse your roles and activities

Write down how you are spending your weekdays and weekends.  
You can name your roles and list all the related activities as me.

*Riding the bike in the city*

*Home officing, co-working,  
videos making*

*Farming, planting trees*

**Me**

*Traveling*

*Walking in the forest*

*Skiing*

*Yoga, meditation, outdoor work out*

*Creating and paining*

*Walking in the forest*

*Picnics and playground time*

**Mother(ing)**

*Visiting friends*

*Taking Pauline to the school*

*Cooking*

*Caring about our space of love*

*Latino parties*

*Romantic dinners*

*Pole dancing classes*

*Culture*

**Woman**

*Chilling evenings*

*Visiting friends*

*Weddings*

*Sexy power nights and days*

*One on one consulting*

*Teaching at the campuses*

**Fashion professor**

*Home officing*

*Traveling*

*Fashion Week*

**Entrepreneur**

*Making videos*

*Co-working*

*Team meetings*

*Networking, meetings  
with coaches and  
mentors*

*Helping my team with production  
of SLOU DAYS*

*One one one consulting of my  
clients*

## Step two: Clothes for every activity

Take each of the activities and write what you need to enjoy it.

### *Time at home*

*Cooking and baking*  
*Creating and drawing*  
*Playing with Pauline*  
*Writing, working*

Leggings  
T-shirts, tank tops  
Jumper  
Sweat dresses  
Slippers

### *Traveling*

*With Pauline*  
*Business*  
*By plane*  
*By couch*

Leggings  
Flip-flops, sneakers  
Backpack  
Playsuit  
Big scarf

### *Working out of home*

*Co-work*  
*Schools*  
*Trade shows, libraries*  
*Fashion week*

Playsuit  
Jacket  
Formal trousers  
Shirt  
Dress  
Bold top  
Sneakers, heels  
Business handbag  
Statement accessories  
Coat  
Fake fur coat

### *Woman's world*

*Romantic dinners*  
*Culture*  
*Meeting friends*  
*Events*

Statement dress  
Hand bag  
Skirt  
Statement top  
Jacket  
Heels

### *Chillin out of home*

*Afternoons in the parc*  
*Visiting friends*  
*Forest, swimming pool, farm*  
*Riding the bike*

Leggins  
Sneakers, flip-flops  
Shirt  
T-shirt  
Pretty dress  
Jumper  
Cool sports jacket  
Swimsuit

### *Sport*

*Yoga*  
*Jogging*  
*Skiing*  
*Swimming*

Sports bra  
Sports shorts  
Leggings  
Underwear for skis  
Winter jacket and trousers  
Sneakers for running  
Backpack

### Step three: Make a list

The magic of the consciously built wardrobe is in its mixing and matching quality. The yoga clothes can serve you when travelling or spending time with kids on the playground. The "office dress" can be worn to the theatre in the evening with the right accessories.



- *A T-shirt*
- *A statement top*
- *A white shirt*
- *A dress*
- *A jumper*
- *A jacket*
- *Leggings*
- *Shorts*
- *Trousers*
- *Slippers*
- *A coat*
- *A fake fur coat*
- *Flip-flops*
- *High heels*
- *Sneakers*
- *A statement clutch*
- *A big scarf*
- *Bold jewelry*
- *A designer hat*
- *A business handbag*
- *A sports top*
- *A backpack*
- *Trainers*

If you add this list up, we are still under twenty pieces. But of course we all have more than just one t-shirt or top, but keep in mind the golden rule of "Less is more" and choose quality over quantity. Keep only the pieces that are worth you, the ones that enhance you and elevate you. With such a wardrobe every day will be the special occasion to dress up for and with space and clarity in your wardrobe you will find more space and clarity in your spirit too.

## Go for it

Now it is your time to take the three steps toward your meaningful wardrobe.

1. Make a list of your activities and roles.
2. Add the list of the clothes you need for each of those.
3. Make the final list of the clothes you need.

When making the list a piece from your current wardrobe might pop in your mind. These are usually the pieces that work perfectly for you. You wear them often. They might be a kind of your uniform. If they boost your confidence and the sense of self worth, great! But if it is still the same pair of jeans and a t-shirt that you put on every day because you cannot be bothered to CARE FOR YOURSELF, this exercise is here to uncover untapped potential of your closet and your self respect. The way you dress, how much time, energy and money you spend on yourself says a lot about how much you value yourself. Make sure to use your closet to show the world that you are worth it.





## Chapter No. 5

### **I always have something to wear. I just need to open my closet.**

Based on your style board and your list declutter your wardrobe.

#### **Professional tip:**

- *Book a who afternoon in your agenda for yourself and the decluttering.*
- *Place ALL YOUR CLOTHES to one room with a mirror and a good daylight if possible.*
- *Define three piles:*
  - *I will wear this*
  - *This does not fit anymore - to "me", not my size anymore.*
  - *This is damaged, unrepairable, unwearable, to be thrown away basically.*

*Avoid founding a pile called "maybe".*

- *Once you are done decluttering prepare your looks! Match the clothes with the accessories, take a picture, print it and keep it in your closet. It will help you to decide and dress up even faster and completely stress free.*

## How to meaningfully invest in your clothes

Most importantly: slowly and based on your list of the pieces, that you need. Maybe you found everything on your list in your closet. But maybe you are missing a dress to wear to the office and a sports shorts.

If you find out that you "need" something {for example a dress to wear to the office or sports shorts), check first if you can use or upcycle something you are giving up. Find a replacement for the time being. Try to ask your friends if they don't have a spare exemplaire what you are looking for. If you are going to invest your money in any "fashion", it must be LOVE. Take time to enjoy the process of looking around or checking second hands to find the dream piece. If you are not fully sure and the situation allows, leave the piece in the store and only come back one week later if you still have not forgotten about it.



## How to get rid of unwanted clothes

For the peace of your soul get rid of the clothes you don't wear. Don't stock it in your closet or shed with the idea that "maybe once...". The best option is to circulate the clothes as locally as possible. Giving clothes to charity is mostly very dirty business that end up making even more problems on the other side of the world. Not only there are no more textile containers so the textile waste is not collected and recycled, but the flood of second hand clothes is not giving a chance to the local textile industry to develop.

The best thing you can do is to organize a SWAP party for your friends. Make sure to invite people with similar styles and sizes and let the fun begin. You can also put your clothes for sale online.

... and this is the end of this simple guide.

## **Do you want some more?**

Join the SELF INVESTMENT CLUB online to get the shopping proof mindset. I will coach you to take all your resources and turn them toward you. Your cash, your time, your energy and attention will be all yours and the result you will live your dreams, have your dream style and the quality of your clothes will keep raising with every season.

Hire me! Get one on one slow styling coaching and let me personally help you to use the full potential of your closet. Your closet can be the change you want to see in the world. It can be your support staff, your coach, the daily reminder of your self worth and a tool of personal transformation.

[www.kamilaboudova.com](http://www.kamilaboudova.com)

