

Shopping With Intention Workshop

Summary of Exercises



When feeling the urge to make a purchase, check in with your emotions (e.g.: boredom, stress, loneliness). Keep a running log in a journal or on your phone to track your spending impulses and associated emotions.



Embark on a style discovery process. Do not neglect either the practical or creative priorities. To begin developing a deeper understanding of your lifestyle considerations and needs, write down the most common settings in your average week and reflect on what you enjoy wearing (or would ideally like to wear) in these spaces.

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To begin nurturing the more creative piece, use my Style Discovery Keyword Prompt resource to fuel a bit of Pinterest exploration! Create a moodboard, and note recurring themes like colors, patterns, silhouettes, and common garments that arise.



Go through your closet and use my Wardrobe Audit Decision Tree resource to assess current items. Compare the themes of your existing wardrobe with your identified style pillars (both the practical requirements and creative preferences).

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Implement a pause between the desire to shop and hitting the checkout button. Consider waiting for a set period of time before purchasing. Reflect on my *Mindful Shopping Prompts* resource before you buy.



Need further support? I can help. As a personal stylist and style educator, I offer tailored guidance to align your wardrobe with your unique style and lifestyle needs. Together, we'll refine your personal style, and build a practical, fulfilling wardrobe to support you in all areas of your life.