

DE-CLUTTER FOR A CAUSE!

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Last year I did

something really quite indulgent but worth every penny. I hired a “wardrobe consultant/stylist” to come in and help me de-clutter and organize my very messy and chaotic closet.

Her job: 1) toss what is heinous, dated and does not fit 2) make a list of what was missing and 3) not make fun of me for being a hoarder.

When she left, I kid you not, there was basically a lonely hanging t-shirt swinging in the breeze and I was sitting between two ginormous heaps of clothing to give away.

It was emotionally draining, sad and scary....but mostly FREEING!!! The clutter was gone!

It really did feel great - not just from an organizational standpoint but emotional one as well. Even better, I was able to donate all of my old work suits, never worn items, things with the tags still on to a girl's garage sale in my neighborhood and raise money for charity. Like they say, one man's trash is another man's treasure. Someone out there was going to be delighted that I parted ways with my light-wash boot cut jeans and boxy, unflattering sweaters.

Another fun thing to do is to host a girl's cocktail clothing swap. Everyone brings a bottle of wine and a giant bag of clothing and you trade the night away. Get a whole new wardrobe for free!

Simplifying your life, starting with your closet, is a good way to start the process. It's the first thing we face when we start our day and I must say, there is nothing better than having fewer options to choose

from than more. Having a lot of stuff can be emotionally taxing and you can wind up like [these](#) people. (I am totally obsessed with this show by the way.)

-Dina

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