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Beginner lessons for Capsule Wardrobe

Simplify Your Style with a Capsule Wardrobe!

DEFINITION

A capsule wardrobe is a small collection of versatile clothing pieces that can be mixed and matched. It helps reduce clutter and makes getting dressed easier.

KEY CONCEPTS

Core Pieces

These are essential items that form the foundation of your wardrobe, like jeans and basic tops.

Versatility

Choose items that can be styled in multiple ways for different occasions.

Quality over Quantity

Invest in high-quality pieces that last longer instead of many cheaper items.

Seasonal Rotation

Change your capsule wardrobe with the seasons to keep it fresh and relevant.

Personal Style

Your capsule should reflect your unique style and preferences, making you feel confident.

EXAMPLES

- Five tops, three bottoms, and two outerwear pieces create a balanced capsule.
- Mix a classic white shirt with jeans and a blazer for a chic look.
- Rotate summer dresses with cardigans for a stylish fall outfit.

MEMORY TIPS

- ★ Think 'Less is More' to remember the essence of minimalism.
- ★ Use the acronym 'C.V.Q.S.P.' for Core, Versatility, Quality, Seasonal, Personal.
- ★ Visualize a suitcase to remember to pack only essentials for a trip.

COMMON MISTAKES

- ✗ Including too many trendy pieces that don't match well.
- ✗ Not considering personal lifestyle needs when selecting items.
- ✗ Failing to regularly update the capsule with seasonal changes.

QUICK RECAP

A capsule wardrobe simplifies your clothing choices by focusing on a few versatile pieces. Remember to prioritize quality, reflect your personal style, and rotate items seasonally for best results.