

#147 - Should You Do a Capsule Wardrobe?

Hi there! You're listening to The Lazy Genius Podcast! I'm Kendra Adachi, and I'm here to help you be a genius about the things that matter and lazy about the things that don't. Today is episode 147 - Should You Do a Capsule Wardrobe? Capsule wardrobes have been pretty popular for awhile now, but I think as seasons change, we start to reconsider whether we want to actually do it. Or if you're like me and have done it, you might be considering how to approach your closet with the changing weather and building the next capsule. Today, I'm here to help. We'll talk about whether or not it's a good idea for you, as well as some ways to get started if you're up for it.

First thing, I have some news! If you've been listening for a little while, you know that I have a book coming out this August! I'm so excited about it, but I haven't talked about the book itself much here or even in my newsletter. I've shared about the process of writing it and stuff like that but not really any details. Well, today is the day for details! Some of you have already seen this because you're amazing and have searched for the book and already preordered it, but in case you haven't, the book is officially in the Internet world! It's called *The Lazy Genius Way: Embrace What Matters, Ditch What Doesn't, and Get Stuff Done*. It's a start-right-now guide to being soulful and efficient at the same time. And it has a cover and everything! If you've looked at it already, I'd encourage you to look again. It's a long story, but we actually changed the cover last minute just a couple of weeks ago. So if you think you've seen it, make sure you've seen the right now! Go to thelazygeniuscollective.com/book, and you'll see the cover, and there are links to all the book retailers if you just know you're going to want it and you can go ahead and preorder.

We will be doing a launch team, and I'll offer a pretty baller preorder bonus as a thank you to those of you willing to take the plunge on a book you can't open before you buy it. That bonus won't be available or announced until the summer, so I would not delete any order confirmation email you get from your preorder just so you can have the order number to enter into our preorder machine in a few months.

I'm so excited about this book. I cannot wait for you to read it. Golly day. And for those of you wondering if it's like the podcast, it's actually not. I'll be able to share way more details later; I don't want to overload you with book talk for the next six months, but for those of you who are OG listeners, who have been here and made *Change Your Life Chicken* and have *Laundry Day* and all the things, this book will still be an incredible tool for your life.

If you would like to stay up to date on book news, info about book tours, and even behind the scenes stuff about the entire process, you should join the VIP mailing list. Once a month, I send out the Latest Lazy Letter which is a newsletter I'm really proud of. There will be a link in the show notes you can click and add your email address. I work really hard on making it valuable and something you look forward to reading. I share detailed recommendations for stuff - books,

podcast episodes, anything fun or helpful I've consumed - and it's where I share my thought processes on various things, especially when they're in their infant stages. It's the place I'm the most vulnerable if I'm honest. Well, actually that's not true. Patreon is where I'm the most vulnerable. I have a secret podcast with my sister called The Lazy Sisters Podcast, and that is the most unfiltered Kendra. But the Latest Lazy Letter is pretty darn close. And every announcement or new piece of content or place I'll be in that newsletter. If you get it, you'll know everything. The next one goes out this Wednesday, so be sure and sign up if you're interested!

Okay, let's talk about capsule wardrobes. First, let's loosely define what one is. The Internet has a variety of definitions, but for the sake of our conversation today, it's just a limited closet full of clothes you love and that work well together. Some people put limits on how many of each item you can have. Others say that under no circumstances do you buy new clothes once a capsule is created. I've seen a lot of folks buy a lot of new pieces every season to create a new capsule.

Here's the thing. You get to create a capsule wardrobe concept that works for you. You get to Lazy Genius your closet however you want to. Which leads us to the second thing. You have to ask yourself why, as we always do. Why are you drawn to a capsule wardrobe at all? Is it the simplicity of not having to think about what to wear every day? Is it to save money? Is it to invest in a few quality pieces you love and then wear them out? Is it to create better clarity on your style? Is it because it sounds like the thing organized, thoughtful people do and you want to be an organized, thoughtful person? Please please please name why you think you're interested in the idea. Otherwise, you'll build your capsule wrong or build it when you don't even have to! A capsule wardrobe isn't for everybody, so you have to start with why before you know if it's right for you. Your reason will show you if the approach is worth it. Like, if you want to do it because you like the idea of being someone who has a capsule wardrobe, that might not be enough to make it happen. Name why you want to do it. Name what matters. Name what doesn't. Once you know those things, you can move forward better.

Okay, our third step here today is to give yourself some rules. The reason that capsule wardrobes are often powerful and helpful for the people that use them are because they follow a certain set of rules that work well for that person's priorities. If you're building a capsule wardrobe because you spend too much on clothes because maybe you buy a new shirt or two every time you go to Target, having a rule of "no new purchases" is probably a good rule. It's supporting what matters to you, if spending less does indeed matter. So think through what matters and what doesn't and see if there's a rule or two or three that can support how you approach your closet, buying clothes, getting dressed, etc.

Once you name that stuff - and in a second, I'll share my own approach to this by the way - you can actually decide whether or not to move forward in literally creating your capsule wardrobe. You know what your rules are, what your priorities are, and can make your own decisions about where to shop, how much to spend, how detailed to be, how minimalistic to be, all that stuff. I can't really give you info on all of that because it's all personal. That's why most capsule

wardrobes feel overwhelming and not practical; they don't take into account what matters to you. And most of them are black and white and blush pink and maybe you love bright colors and feel really hemmed in! I'll give you some ideas on how to move forward with a pseudo-traditional capsule wardrobe, but you're a really smart person. If you pay attention to what matters, what doesn't, and you create a few guidelines around those things, you can create your own process for building a capsule wardrobe.

Okay, let me give you my personal take on this, and then we'll go into a couple of details on how to maybe build it. First thing, my why. Why do I want to have a fairly limited, purposeful closet? First reason is because I hate trying on four different outfits before I find what feels good. I want everything to feel good the first time. It can send me into a mild tailspin if I try on something that doesn't fit or doesn't feel like me or is falling apart or cost money that feels wasted because I honestly don't love this shirt why did I buy it?! I don't like starting my day with that vibe.

Another reason that I like the idea of a capsule wardrobe is because I love well tailored quality clothes a lot. I feel good in them, they fit me well, and I wear them over and over again without being weird about it. Because those clothes generally cost more than what I could buy at Target or Old Navy, I can't have a packed closet full of quality. We don't have the cash for that. So it serves me well to have a limited, purposeful wardrobe so that I can actually buy clothes that cost more but also feel better and last longer.

So knowing that, what are my rules? My first rule is only buy what I absolutely love. If I don't love it, I won't wear it. And it's rare that I absolutely love something I find at Target. Not always, but my body shape isn't terribly friendly with fast fashion. Clothes at Target and Old Navy and places like that are made for the masses, and my body is not a mass shape. I tend to like things that are tailored a little better so that they sit on my body better. All that to say, if I don't love an item wherever it's from - if I don't love how it fits, if I don't love how it feels, if I don't love how it looks, I don't buy it. I want a closet of items I absolutely love and will not take off for the sake of something else every morning. Because remember putting something on and keeping it on is something that matters to me. That means I only buy it if I absolutely love it. Even a plain white t-shirt. I have to love it.

My second and final rule - I only have two rules really - is to not feel badly about spending money on an item of clothing if it's something I'll wear all the time and love. I'm slowly creating a closet full of quality pieces that I enjoy reaching for, even if there's repetition, so it's okay to spend \$120 on a pair of jeans that I wear literally every day versus a pair that has a saggy butt and wears out quicker and only cost \$30. I'm not going to feel badly about that. Now, if there's no money in the budget for that, I get that challenge. But that's a time to ask for money for Christmas and your birthday and save it to invest in something you'll love. You might want to make your morning coffee at home instead of getting one at Starbucks and use that few bucks a week to save up for a pair of jeans. Everything is an exchange. It doesn't have to feel heavy or moral, but if you're on a budget, you know that every penny counts. It's okay to make some of

your pennies count for a couple of items that will enhance your life, even if it takes a little longer to get there.

Okay, so my rules are to only buy it if I totally love it and to not feel badly if it costs more money than I'm used to spending. Now I'm not buying shirts that cost \$500, but I might spend \$35 on a tshirt I'll wear constantly versus buying three \$7 tshirts that I never reach for.

Notice none of my rules have to do with the number of items in my capsule wardrobe or how things go together. They're really just about spending and choosing. You can be thoughtful about your closet without feeling like you have to limit your items and make it pretty enough to share on Instagram.

Okay, now let's say you do want to limit the number or you do want your clothes to talk to each other a little more and go together well. Here are a couple of ways to approach that.

First, name your style. Like actually name it. If you put a few words to how you want to feel in your clothes, not necessarily how you look, it'll help you create a wardrobe that talks to each other. For me, my style is Kathleen Kelly from *You've Got Mail* but if she was on a roller derby team. I love classic, monochromatic, tailored clothes, but I like an edge. I usually get that, not from my clothes honestly, but from my glasses and my lipstick. True story. So try and name your style.

Also name what your style isn't. Or maybe name certain things that are consistent about the clothes you don't choose. I know there are certain silhouettes and patterns that I just never feel like myself in. I don't usually wear a lot of bright clothes, I don't generally like patterns that aren't stripes or dots, I don't love dresses, I don't like flared pants, that kind of thing. I also know that I like tops that have a cuff at the waist. I like wide cropped sweaters. I like solid colors. I don't do offwhite or beige. I don't do wrapped tops or dresses. Wool makes me itchy. You get the idea?

It's kind of like how I choose recipes. I know what works for us right now and what doesn't, so by naming those limits and sticking to them, it makes decision-making so much easier. We don't eat artichokes right now, so if a new recipe idea has artichokes in it, I skip the recipe. Same goes with my clothes. I skip wool. I skip beige. I skip most dresses. Name what you can skip. Name how you want to feel. Name what your style is and what it isn't. Having some parameters will make your choices so much easier. I'll put a link in the show notes, but I wrote a post awhile back called *Baby Steps to a Capsule Wardrobe*, and I talk about utilizing Pinterest to try and name your style. That could be a helpful way to start so you can notice patterns in what you're drawn to.

Now, to the choosing. Start with a base neutral color. Most people will likely choose black or navy I would think. I chose both because I actually really love a navy top with black pants. Dark denim could count as navy, too. But essentially choose a base dark neutral or two. Then choose a light neutral or two. White, offwhite, light gray, blush pink. See how the colors you choose are

talking to each other. Now ask yourself if you want an accent color. Choosing one or two accent colors at most that go with your chosen neutrals make everything more or less go together.

The pieces you choose are based on what you like. You likely need two or three bottoms, at least a week's worth of tops for the season, and a couple of layering pieces to change things up. Again, it sounds kind of simple, but I think the stress we feel over a capsule wardrobe is starting with the clothes to buy, not with why we're wanting to do it in the first place.

So ask yourself your why and if that why is worth it. If it is, name a couple of rules to help direct you in your choices. Next, put some words to what your style is and what it isn't. Continue to set those more specific guidelines around what you buy and wear. And then and only then do you start shopping for clothes. It's nice to think in terms of a dark neutral or two, a light neutral or two, and an accent color or two, all that talk to each other well, but don't do that until the very end. Otherwise, you'll be back where you started, filling your closet with clothes that might work before figuring out what you need to actually work.

I hope this is an encouraging start to your capsule wardrobe process. And remember, having a closet like this doesn't make you better. This is not a badge of honor. You don't not have to dress and shop this way unless you really really want to. That is so important for me to say and for you to hear. I give you permission to take ownership over how you dress and shop, no matter what that looks like.

Okay, that's all for today! I'll be on Instagram this Thursday around noon eastern to talk about this more if you have questions. You can follow me there @thelazygenius. And don't forget to join the mailing list if you're interested in getting my monthly Latest Lazy Letter. The next one will go out on Wednesday, and I'm going to be sharing two of my favorite books I've read this year in that newsletter. You can find a link in the show notes, or you can go to thelazygeniuscollective.com/join.

Thanks so much for listening! Until next time, be a genius about the things that matter and lazy about the things that don't. I'm Kendra, and I'll see you next week!