

BETTER + LESS:  
THE FEBRUARY EDIT  
WELCOME

*What to expect this February*



BY  
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You're in!




Your Welcome PDF is here.

You'll also receive a welcome email shortly with timing details and next steps.

**Important:**

If you don't see the email, check Promotions or Spam — or search for "Better + Less."

To make sure you receive the February emails, please:

-  Star emails from [beth@bstyledbybeth.com](mailto:beth@bstyledbybeth.com)
-  Move them to your primary inbox
-  Add this address to your contacts or VIP list

Email providers have become very strict about filtering automated emails. Taking these steps helps ensure you don't miss anything during the program.

If needed, you can search:

"How to make sure emails land in my inbox" + your email provider (Gmail, Apple Mail, Yahoo, etc.).

That's it — you're all set.

# Better + Less: The February Edit

*The simpler, smarter way to approach style this month*

## **WELCOME**

This isn't about reinventing your style. It's about improving it — with clearer decisions, better pieces in rotation, and fewer daily frustrations.

Instead of staying stuck in limbo or rushing ahead to “what's next,” February becomes the month you edit, refine, and simplify what you already own — so getting dressed doesn't feel like another daily hurdle.

## **WHAT THIS MONTH IS (AND ISN'T)**

This is a practical February style edit focused on decision-making, editing, and reducing daily frustration around getting dressed.

It's the same no-nonsense approach I use with private styling clients — delivered in a simple, February-only format designed to make progress feel manageable.

### **This month is:**

- A decision-making month, with guidance
- A system for making fewer, better decisions with the clothes you already own

### **This month is not:**

- A shopping program
- A closet purge
- A challenge you have to “keep up” with

# HOW THE FEBRUARY EDIT WORKS

Each week has a clear focus and a specific outcome.

No busywork. No fluff.

## **Week 1: Eliminate Known Friction**

Remove the clothes that already make getting dressed harder so decisions get easier immediately.

## **Week 2: Create Personal Dressing Standards**

Define your non-negotiables and default outfit formulas so you stop debating the same decisions every morning.

## **Week 3: Reduce Closet Overload**

Create a working closet made up of your easiest, most wearable pieces – without a big purge.

## **Week 4: Define Your Personal Basics Capsule**

Identify the foundational pieces your outfits depend on so everything else finally works better.

## WHAT YOU'LL RECEIVE

▶ Two emails per week (8 total). You can see them all [HERE](#) too. Each email includes clear guidance and specific action steps to help you:

- Remove what's not working
- Stop defaulting to the same "safe" outfits
- Reduce daily decision fatigue
- Feel confident about what to keep – and what not to buy next

➔ One live group Zoom session – You will receive an email invitation to attend live, with a replay available too.

A guided working session to:

- Pull everything together
- Clarify what actually deserves space in your closet
- Set yourself up for a smarter spring with fewer regrets

This is a group workshop, not a 1:1 coaching call.

The focus is on shared patterns and practical direction, not individual wardrobe reviews.

Live attendance is encouraged, but not required. A replay will be available.

## **FINAL THOUGHT**

Style gets easier when there's less noise and better guidance.

Not perfection.

Just less frustration and better systems.

Thank you for being here!

— Beth 🥰