

YOUR PERSONAL BASICS FOUNDATION

A Simple Way to Understand What Your Closet Actually Needs

Think of your wardrobe like a house.

Not everything in your closet has the same job — and not everything deserves the same urgency or attention.

1. Core Basics = The Structure

Foundation · Walls · Roof

These pieces hold everything up.

If they're missing or weak, outfits fall apart — no matter how many other clothes you own.

Core basics are the pieces most of your outfits rely on.

Common examples:

- Your main pant or jean shape
- The shoes you reach for most often
- A jacket or layer that finishes most outfits
- A top style you wear again and again

👉 If these aren't right, getting dressed becomes frustrating fast.

2. **Supporting Basics = The Utilities** 🔌💡

Plumbing · Electricity · Insulation

These make the house livable and functional.

You can technically get dressed without them — but everything feels harder.

Supporting basics help outfits work smoothly.

Common examples:

Layering tops that work under jackets

Neutral pieces that balance louder items

Shoes that work with some outfits, not all

Simple pieces that solve fit or proportion issues

👉 Outfits work better when these are in place.

3. **Optional Basics = The Furnishings** 🏠

Furniture · Rugs · Lamps · Décor

These add flexibility and variety — but they don't hold the house up.

Optional basics are nice to have, not necessary for everyday dressing.

Common examples:

Extra colors of basics you already own

Dressier or seasonal versions of everyday items

Pieces you like having, but don't rely on

👉 The house still stands without these.

4. **Accessories & Trends = The Finishing Touches** 🎨🖼️

Throw pillows · Artwork · Statement wall color

Accessories, trends, and statement pieces are what make a space feel personal and current — **after the house is solid.**

They work best when they're finishing something — not trying to fix it.

👉 These come last.

The Key Thing to Remember

1. Core basics hold the structure up.
2. Supporting basics keep it functional.
3. Optional basics give you flexibility.
4. Accessories & Trends come last and make the look personal and current.

Here's the most important takeaway:

Most closet frustration comes from buying furniture when the foundation needs work.

This month has been about fixing the foundation — so everything else works more easily.

How to Use This Going Forward:

- 👉 When getting dressed feels hard → check the foundation
- 👉 Before shopping → ask what role the piece would play
- 👉 Before seasonal changes → revisit your core basics

This framework doesn't expire.

Use it whenever you need clarity.

Now it's your turn...

Head to the next pages for a workbook to help you
establish YOUR OWN
BASICS FOUNDATION



The Personal Basics Foundation Workbook

*Strengthen the structure. Eliminate
the daily outfit struggle.*

Before You Begin

This is not a must-have list.
It's not a trend update.

It's a structural check.

When your core basics are right, everything becomes easier.
When they're off, everything feels like work.

STEP 1: CORE BASICS

Core Pant Shape

My main everyday pant shape is:

Must Be True:

- Fits correctly
- Proportions work
- Comfortable for real life
- Appropriate effort level

What feels slightly off?

Am I blaming tops when it's actually the pant?

Go-To Shoe

My most versatile, real-life shoe is:

Must Be True:

- Works with most outfits
- Feels current
- Comfortable enough for long days
- Supports my proportions

What's missing or slightly wrong?

Reliable Layer

My most dependable jacket or layer is:

Must Be True:

- Finishes outfits easily
- Works with my formulas
- Feels like me
- Requires no adjusting throughout the day

What friction does it create (if any)?

STEP 2: SUPPORTING BASICS

The utilities. They make the structure function.

List your go-to layering tops:

Must Be True:

- Correct length
- Works under layers
- Flattering neckline
- No constant adjusting

Where are you fidgeting or compromising?

STEP 3: OPTIONAL BASICS

Nice to have. Not structural.

List pieces you enjoy but don't rely on:

Are these distracting you from strengthening your foundation?

STEP 4: REALITY CHECK

Where does your closet still break down?

What category creates the most hesitation?

Where are you still negotiating with “almost”?

The Better + Less Decision Filter

Before adding anything new, ask:

- Does this strengthen my foundation?
- Does it support my formulas?
- Does it work for my real Tuesday life?
- Will this reduce decisions instead of adding more?

If not — it’s décor, not structure.

When your core basics are right, everything becomes easier.
When they’re off, everything feels like work.

Final Reminder

The fun pieces – the color, the pattern blouse, the trend you love – only work when your basics are doing their job.

When your foundation is strong, personality shines.
When it's shaky, everything feels slightly off.

Build the structure first.

When your core basics are right, everything becomes easier.
When they're off, everything feels like work.

This is styling that works in real life.

