



# CAPSULE WARDROBE WORKBOOK

OR HOW TO START CAPSULE  
WARDROBE

[www.karminacollection.com](http://www.karminacollection.com)



# How to start



# CAPSULE WARDROBE

Hi,  
here's a short workbook on how you can create the capsule wardrobe, without spending a fortune and always knowing what to wear.

If you're looking to streamline your wardrobe and simplify your life, a capsule wardrobe is a great place to start. I believe you should focus on living your life instead of worrying about what to wear. Getting dressed should be quick, easy, and stress-free.

Years ago I have been feeling weighed down. Rather than trying to find ways to make it all work, I considered looking for things I could remove from my life. With a few subtle changes, I simplified my life and my mind. And this is how I started my own brand Karmina, which represents my response and new responsible approach to fashion design.

*Tejo Kabe*

Fashion designer and Karmina founder

# WHAT IS CAPSULE WARDROBE?

"The term 'capsule wardrobe' was first coined in the 1970s by Susie Faux, the owner of 'Wardrobe,' a boutique in London. Faux described a capsule wardrobe as a collection of a few essential clothing items, such as skirts, trousers, and coats, that are timeless and do not go out of fashion. These can be complemented by seasonal pieces. Since then, the concept of a capsule wardrobe has gained popularity, with many people adopting and adapting it in different ways. In 2014, Caroline Rector, a content creator frustrated with the clutter in her closet, documented her journey of reducing her wardrobe to 37 pieces on her website Unfancy."





A capsule wardrobe is a curated collection of clothing items that can be mixed and matched to create multiple outfits.

Rather than having a large wardrobe full of cheap, fast-fashion pieces, a capsule wardrobe is designed to have a few high-quality, versatile clothing items that can be worn in multiple ways and for different occasions. Capsule wardrobes typically have neutral clothing and a classic, timeless look.





# WHO IS IT FOR?

A capsule wardrobe is for anyone who wants to simplify their wardrobe and reduce the amount of clutter in their closet. It is especially popular among those who value minimalism, sustainability, and conscious consumption.








# IS CAPSULE CLOTHING RIGHT FOR YOU?



The capsule wardrobe is an excellent way to streamline your closet and make getting dressed in the morning easier, but it may not be for everyone.

Here are three simple questions to ask yourself. If you all answer yes, then a capsule wardrobe is what you definately need.:

-  • Do you want to streamline your closet and simplify your wardrobe?
-  • Do you want to make getting dressed in the morning easier and more efficient?
-  • Are you willing to commit to a smaller, curated collection of clothes that can be mixed and matched in versatile ways?"

## WHAT YOU BENEFIT?



You will discover how to identify and express your personal style through your wardrobe.



Learn how to choose colors that resonate with you and create a wardrobe that fits your lifestyle.



By following this guide, you'll save both money and time on getting dressed, and build a sustainable wardrobe by wearing your clothes for longer.



# IS IT FOR EVERYONE?

## Unfortunately not.

One of the main concerns about capsule wardrobes is that they can be too basic or generic, which may not appeal to those who like a more varied and expressive wardrobe.

Additionally, some people might find capsule wardrobes too limiting if they frequently change their style or prefer more flexibility in their clothing choices. Finding versatile clothing items that can be mixed and matched can also be a challenge, requiring time and effort.

Furthermore, some capsule wardrobes can be season-specific, which can be inconvenient for those who prefer a more year-round approach to their wardrobe.

The cost of high-quality clothing items that are needed for a capsule wardrobe can also be a deterrent for some people.

Therefore, it is important to find a balance between the benefits of a capsule wardrobe and one's personal preferences and needs.





# ANALYZE YOUR STYLE



Before you start building your wardrobe, it is important to analyze your personal style.

Knowing your style preferences will help you create a wardrobe that reflects your personality and makes you feel confident and comfortable.

Take some time to evaluate your current wardrobe and identify the items that you love and wear often. Consider your lifestyle, your daily activities, and the occasions you typically dress for.

This will help you determine the types of clothing that you need and the styles that suit you best.

You can also look for inspiration in fashion blogs, magazines, and social media, but always remember to stay true to yourself and adapt trends to fit your personal style.

Here are a few questions to help you out with analyzing:

How often are you home?

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How often in the office?

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How many work clothes do you need and how many leisure clothes?

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How often do you go out and do you need stylish clothes?

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# TAKE INVENTORY

After reflecting on your assessment, take a moment to jot down any clothing items that you may be missing in your wardrobe, such as more workout clothes, or any pieces that are underrepresented given your current life circumstances, for instance, not having enough workout clothes.



# WHAT AM I MISSING?



Ask yourself the following questions to assess what you have and identify what's missing:

Do you have enough basics like solid-colored tops, neutral bottoms, and versatile outerwear?

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Are there any specific occasions or events that you frequently attend, such as formal dinners or workouts, for which you need specialized clothing?

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Do you have a good balance between casual and dressier pieces?

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Are there any gaps in terms of colors, patterns, or textures that you would like to incorporate into your wardrobe?

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Do you have enough seasonally appropriate clothing for each season, such as warm coats for winter or lightweight layers for summer?

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Are there any gaps in terms of functional items like workout gear, sleepwear, or accessories?

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Reflecting on these questions will help you identify the key pieces that are missing from your wardrobe and guide you in making intentional and strategic additions."



# FIND YOUR STYLE

Your personal style is a reflection of your individuality and should not be influenced by others. Many of us have been conditioned to like certain things, even if they don't feel like they truly represent us. Discovering your personal style goes beyond simply knowing your likes and dislikes; it's about expressing your own unique personality.

However, you don't have to wear clothes that are loud and attention-grabbing to showcase your style. Whether you prefer a muted color palette, a touch of retro, romantic details, or bold colors, your style can be anything you want it to be - just like you can be anything you want to be.



# HOW TO FIND YOUR STYLE?



1

## Create a style inspiration board

Creating a style inspiration board can be a fun and effective way to discover and refine your personal clothing style. There are various sources, such as Pinterest and paper magazines photos, fashion blogs, websites, and social media accounts of fashion influencers or brands that align with your style preferences.

2

## Organize Your Board

Once you have a collection of images on your style inspiration board, take some time to organize it. Create sections or sub-boards within your main board to categorize different aspects of style, such as "Casual Wear," "Workout Attire," "Evening Outfits," "Accessories," or any other categories that are relevant to your wardrobe needs. This will help you keep your style inspiration organized and easily accessible when you need to refer back to it for outfit ideas.

3

## Reflect and Refine

Regularly review and reflect on your style inspiration board to identify patterns, themes, and trends that resonate with you. Pay attention to the colors, patterns, silhouettes, and overall vibe of the images you've pinned. Consider how these images align with your personality, lifestyle, body shape, and personal preferences. Use this reflection as a guide to refine your personal style and make intentional choices when building your wardrobe. You may also consider creating a separate board for items that you already own or want to purchase to help you curate a cohesive wardrobe that aligns with your style inspiration.

**Use the images you've pinned as inspiration, but don't feel limited by them – let your own creativity and personality shine through as you curate your personal clothing style.**







# PLAN YOUR CAPSULE

After assessing your lifestyle, identifying your style preferences, and understanding your aesthetic preferences, it's time to plan your capsule wardrobe.

## CREATE A COLOR SCHEME



### Step 1

**Identify your preferred colors** based on your personal style and aesthetic preferences, identify the colors that you are naturally drawn to and feel confident wearing. Consider colors that complement your skin tone, hair color, and eye color. You can also take inspiration from your favorite colors, the colors that make you feel happy or confident, and the colors that are commonly found in your wardrobe.

### Step 2

**Consider your lifestyle and occasions.** Think about your lifestyle and the occasions you typically dress for. Consider the colors that are appropriate and practical for your daily activities, work environment, and social events. For example, if you have a formal office dress code, you may want to include more neutral or muted colors in your color scheme. If you have a casual lifestyle, you may opt for more vibrant or playful colors.

### Step 3

**Create a color palette.** Once you have identified your preferred colors and considered your lifestyle, it's time to create a color palette for your capsule wardrobe. Choose a primary color or two that will serve as the foundation of your color scheme. Then, select a few complementary or accent colors that will add variety and interest to your wardrobe. Aim for a balanced mix of light, medium, and dark tones to create depth and versatility in your color palette.

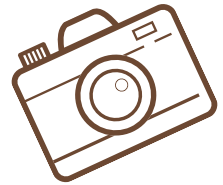


## Step 4

**Test your color palette.** Visualize how your color palette will work together by testing it out. Lay out the colors in your palette and see how they look and feel when placed next to each other. Consider how the colors will work with your existing wardrobe pieces and how they can be mixed and matched to create different outfit combinations. Adjust your color palette as needed to ensure that it is cohesive and harmonious.

## Step 5

**Document your color scheme.** Once you have finalized your color scheme, document it for future reference. You can create a digital or physical mood board with swatches of your chosen colors, or simply write down the colors in your capsule wardrobe planning worksheet. This will serve as a guide when you're shopping for new items or putting together outfits, helping you stay focused on your chosen color scheme.



# DECLUTTER

## It's time to roll up your sleeves and get to work!

This is the step you've probably been waiting for, as it's where all the effort you've put in so far really pays off. You now have the opportunity to declutter your wardrobe and create the wardrobe of your dreams.

However, before you dive in, it's essential to remind yourself of the responsibility you have as a consumer.

## Here are some steps you can follow to effectively declutter your wardrobe:

1. **Empty your closet:** Take out all the clothing items from your wardrobe and lay them on your bed or another flat surface. This will allow you to see everything you own and make it easier to assess each item.
2. **Assess each item:** Pick up each item one by one and evaluate whether you still wear it, if it fits you well, and if it's in good condition. Ask yourself if you truly love it and if it aligns with your current style and lifestyle. If the answer is yes, keep it. If not, set it aside.
3. **Categorize items:** As you go through each item, categorize them into piles or bins such as "Keep," "Donate," "Sell," or "Repair." This will help you stay organized and make decisions more efficiently.
4. **Be ruthless:** Be honest with yourself and let go of items that you haven't worn in a long time, don't fit properly, or no longer bring you joy. Avoid holding on to items out of guilt or sentimental attachment.
5. **Consider your lifestyle:** Think about your current lifestyle and what types of clothing you truly need. Be realistic about what you wear on a regular basis and what is practical for your everyday activities.
6. **Be mindful of sustainability:** Keep in mind the environmental impact of excessive consumption. Avoid mindlessly discarding items and consider donating, selling, or repairing them whenever possible.
7. **Organize your keep pile:** Once you have sorted through all your items, put back the clothing you decided to keep in an organized and functional manner in your wardrobe. You can use different storage solutions such as hangers, shelves, or bins to keep everything tidy and accessible.

These questions can help guide you in making thoughtful and intentional decisions while decluttering your wardrobe.

Remember to be honest with yourself and prioritize items that truly serve a purpose and bring you joy:

- *Have I worn this item in the past year?*
- *Does this item fit me properly and make me feel confident?*
- *Does this item align with my current style and lifestyle?*
- *Is this item in good condition, or does it need repair?*
- *Do I have multiples of this item that serve the same purpose?*
- *Does this item hold sentimental value, and if so, why?*
- *Can I see myself wearing this item in the future?*
- *Does this item make me feel joyful and bring me happiness?*
- *Is this item taking up unnecessary space in my wardrobe?*
- *Does this item serve a practical purpose in my everyday life?*
- *Can I realistically see myself making use of this item in the near future?*
- *Am I keeping this item out of guilt or obligation?*
- *Does this item have any negative associations or memories attached to it?*
- *Would someone else benefit more from this item if I donated or sold it?*
- *Does this item represent the person I am or aspire to be currently?*

**Now that you have decluttered your closet and have kept only the items that work well with each other, it's time to have some fun!**

**With fewer items, you now have the opportunity to create an endless amount of outfits and experiment with different looks.**





1. **Mix and match:** Try combining different pieces in your wardrobe to create new outfits. Mix and match different tops, bottoms, and accessories to create unique combinations. Don't be afraid to get creative and think outside the box!
2. **Layering:** Layering is a great way to add depth and interest to your outfits. Experiment with layering different pieces such as cardigans, jackets, scarves, and jewelry to create stylish and versatile looks for different seasons and occasions.
3. **Play with accessories:** Accessories can instantly elevate any outfit. Experiment with different accessories such as belts, statement jewelry, hats, and bags to add personality and style to your looks. Accessories can also help you transition your outfits from day to night or from casual to formal.
4. **Try new pairings:** Don't be afraid to try new pairings that you haven't tried before. Mix and match different colors, patterns, and textures to create visually appealing and unique outfits. You might be surprised at the stylish combinations you can come up with!
5. **Repurpose items:** Get creative with repurposing items in your wardrobe. For example, a maxi dress can be worn as a skirt with a sweater over the top, or a button-up shirt can be worn as a lightweight jacket over a tank top. Look for different ways to wear your items and experiment with different styling options.
6. **Take outfit photos:** Take photos of your outfits to keep track of the combinations you like and create a visual reference for future outfit ideas. This can be especially helpful when you're in a rush and need quick styling inspiration.
7. **Have fun and be confident:** Fashion is about expressing yourself and having fun with your personal style. Experiment with different looks, be confident in your choices, and enjoy the process of creating new outfits with your curated wardrobe.

**Decluttering your wardrobe and curating a more intentional and versatile collection of clothing can be a great first step towards transforming your personal style and creating a wardrobe that truly reflects your individuality and lifestyle.**

**It's never too late to make positive changes in your fashion choices and embrace a more mindful and intentional approach to dressing.**



## **Are you ready to make a change in your wardrobe and style?**

Thank you so much for downloading and using my workbook as a guide to creating your capsule wardrobe. As the founder of Karmina, I am deeply grateful for your support and commitment to building a sustainable and intentional wardrobe.

My mission is not only to create fashion that is timeless and sustainable, but also to empower individuals to express themselves through their personal style. I believe that fashion should be a tool for self-expression and reflection of one's values.

I hope this workbook has been helpful to you in curating a wardrobe that aligns with your values and brings joy to your everyday life.

Your conscious effort in building a capsule wardrobe reflects a commitment towards creating a positive impact on the fashion industry and the environment. I am grateful for your support in our journey towards sustainable fashion.

Thank you again for your support and trust in Karmina. I look forward to continuing to provide you with fashion options that are not only stylish, but also sustainable and empowering.

With heartfelt appreciation,

Teja Kodre,  
Fashion designer and Karmina founder