

the

RETAIL RECESS WORKBOOK

*a helpful wardrobe guide designed
to prompt meaningful reflection*

*"When things aren't working, change them.
Meaningful experiences that afford wisdom are
greater than the completion of arbitrary plans."*

the

RETAIL RECESS
WORKBOOK

what is a

RETAIL RECESS?

At the close of 2016 I felt like something was just off. I had this overwhelming feeling of needing to add pieces to my closet, but I wasn't feeling very strategic about it. I had slipped back into my old habits of perusing clothing sites and I couldn't distinguish whether or not the feeling of needing to acquire was coming from an internal assessment of my own wardrobe needs or external pressures of indulging in the latest trends. I used this sense of unclarity as feedback for myself and determined that I simply needed to take a break from bombarding and cluttering my mind with any of it.

I decided to frame an otherwise known "shopping break" instead as a: retail recess. For me, it made it feel more fun and inviting. More like an enjoyable break that reinvigorates and recharges as opposed to focusing on the elimination or withholding aspect of it. Framing it this way simply allowed me to remove some of the negative feelings I had surrounding the idea of a shopping break and embrace the heart of the challenge all the more.

WANT TO GET STARTED ON YOUR OWN RETAIL RECESS? LET'S GO!

what is your

MAIN GOAL FOR THIS RETAIL RECESS?

Let's get right down to it, shall we? Don't write a goal that just sounds good -- let's shoot for something that really means something. Your goal might sound general or vague at first, but using something too specific will negate the magic of this exercise in the long run:

Maybe you need to free up mind space. Maybe you want to re-prioritize your spending. Maybe you want to alter your day-to-habits. Write your main goal for this retail recess below:

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what's

NOT WORKING

You're filling this workbook out for a reason right? Dig deep here. What's really driving your discontent? Start by reflecting on individual pieces -- what specifically is not working with each given piece? Are their common characteristics? Do you notice a theme?

Write everything you observe below and then go back and circle the similarities or overarching themes, etc. (Don't feel like you need to use all of the space provided, or print a second sheet if you need it.)

1.

2.

3.

4.

5.

6.

what's

NOT WORKING (cont.)

It's all well and good to identify what wrong or what's not working in an area of your life, but if you're not going to do something about it, well then, what's the point?

This is the part where you create an "action plan" or "action item" for each of the items you identified wasn't working on the previous page. Keep these simple and realistic, no need to save the world in this one exercise.

ACTION ITEM:

ACTION ITEM:

ACTION ITEM:

ACTION ITEM:

ACTION ITEM:

ACTION ITEM:

what's

WORKING

Identifying what's working -- and more importantly why it's working -- is a key factor in being able to replicate success. Start again by reflecting on individual pieces -- what specifically is working well with each given piece? Are there common characteristics? Do you notice a theme?

Write everything you observe below and then go back and circle the similarities or overarching themes, etc. (Don't feel like you need to use all of the space provided, or print a second sheet if you need it.)

1.

2.

3.

4.

5.

6.

what's

WORKING (cont.)

This step is an easy one to gloss over. Sometimes I think it's easier for us to see an area with need for improvement and fixate on it -- and miss the boat on being able to hone in and fine tune something that is already working pretty well.

This is the part where you create an "action plan" or "action item" for each of the items you identified are working well on the previous page. How can you actively promote, foster and grow these trends within your wardrobe and/or life?

ACTION ITEM:

ACTION ITEM:

ACTION ITEM:

ACTION ITEM:

ACTION ITEM:

ACTION ITEM:

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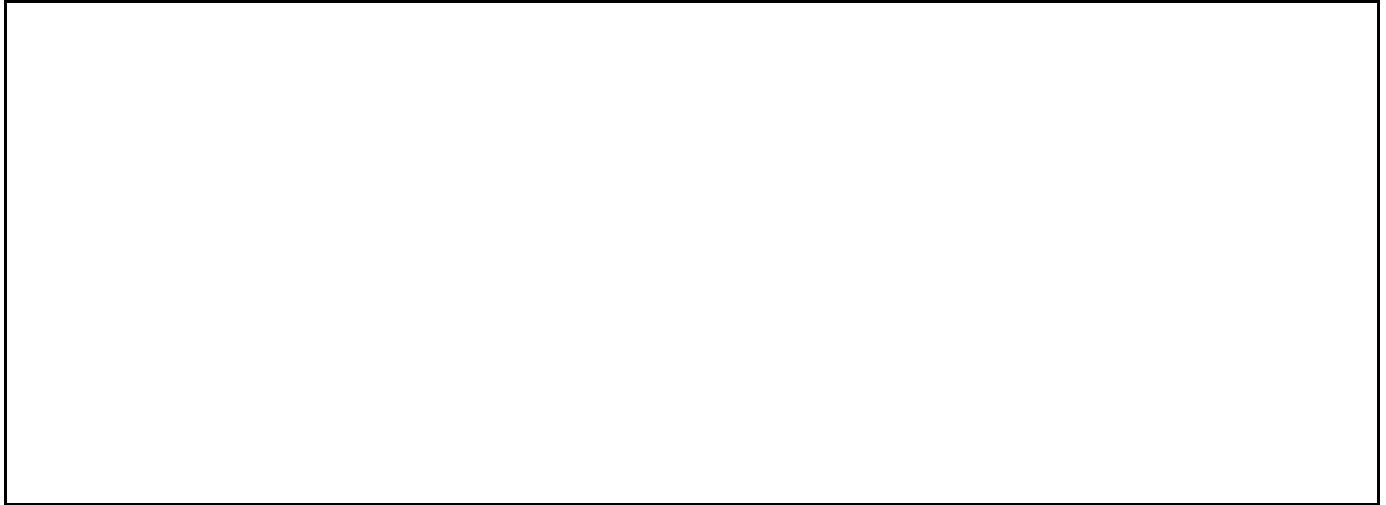
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now

WHAT?

That sure was an awful lot of reflecting (amiright?! BUT! Let's not stop there.

If you had to choose one major takeaway from this entire exercise, what would it be? Write it down 'yo!



a few more

TIPS FOR SUCCESS

1

Unsubscribe from anything and everything that is unnecessary. There are free services that do this for you, but I still find taking the extra 10 seconds to hit the 'unsubscribe' button a tried and true method.

2

Replace mindless activities or 'scrolling' with one set positive activity. Like reading. Or knitting. Or praying. Or watering your plants. Just pick one for now. This eliminates further time wasted in deciding what to begin on once the unfavorable behavior has already started.

3

Check out relevant hashtags on social media. You'll be blown away at some of the tight-knit communities that exist surrounding the exact same issues or triumphs you are experiencing. Social media gets a bad rap, but it's actually pretty flippin' awesome.

JOIN OTHERS ON SOCIAL MEDIA AND USE #RETAILRECESS