



Sew Clothes You Love What Do You Love to Wear?

How do you choose which patterns to sew? Have you ever made a garment, spent all the time, energy and money, and not loved it in the end?

It's frustrating. Feelings of inadequacy can bubble up, falsely giving the impression that you are not capable of hand making a wardrobe that makes you feel wonderful.

You, my friend, **are** capable.

What do you love to wear?

Let's begin there. I love wearing clothes that I've made by hand and that fit my body and style well. To get there, I had to get really intentional about my clothes. Making garments that I didn't reach for in my closet and closely examining why. Paying attention to how a fabric feels on my body, making note of what I love and what I can't stand to wear. (clingy, static-y fabric...I'm looking at you!) Studying the garments on others that I'm really drawn to. Paying attention to how I feel in what wear.

Try on those clothes in your closet and look, truly look at yourself, at your demeanor, at the spark in your eye...do you feel strong? No...then pass it along and find what makes you feel strong and beautiful.

Take the time to dress yourself in what makes you shine.

Setting Your Intention

As we begin, take a moment to identify what your goal is for this course. The broadest sense of the goal might be that you wish to sew clothes you love, but can you narrow it down for yourself from there?

Perhaps you want to make some peace with your body and start to incorporate some more playful energy into your wardrobe.

Maybe you want to commit to taking the time to get clear on how you wish you show up in the world.

Or you want to better align your wardrobe with both your style and your values.

Or you wish to streamline the sewing process so that it's more fun and produces clothes you adore.

Consider it for a moment and then write it here:

Closet Check!

See what you own already and begin to define your style

1. Okay, let's set aside a little time and look at the clothes you already own.

Wait! Before you do this, boost your energy! Listen to music that uplifts you, have a really great cup of coffee...maybe meditate. Whatever works for you. If you are feeling low, it's likely you won't have a fair and honest experience with yourself. Yes, I'm talking about being overly critical...give yourself your best chance.

Okay, when you're ready...try them on. All of them.

Look in the mirror...gently, but honestly assess how you feel. What makes you feel most powerful? What do you reach for when you want to show your best self? What do you wear that feels effortless? Trust your intuition.

Put those in a "yes!" pile. Get out your journal or print off this PDF and write down their characteristics.

Are they fitted, flowy, stretchy, structured...are they pants and cardigans combos, skirts and t-shirts or dresses that fit and flare.. What colors are there, prints, type of fabrics?

While you're at it...

- Look at the rest; be really discerning. If it doesn't feel good on your body and make you feel strong, then pass it on or phase it out. But for heaven's sake don't make more of those types of clothes. Make note of holes in your wardrobe.
- Repurpose, donate and discard anything that doesn't make you feel great. (If you have the time, fix what needs fixing. It feels really good! I get together with friends to do this...I promise it's fun) Google **visible mending** for some lovely ideas on how to imperfectly mend your clothes and add life and story to what you wear.

Characteristics of the clothes you own that you love

How you like your clothes to fit your body. Yes the body you have right now: (fitted, loose, slim, oversized...you get the idea)

Your go-to outfit...NOT the one you don't love but that you throw on too often, the one you would get out of the dirty clothes to wear if needed: (ex. jeans & t-shirt with a scarf and boots, a-line skirt with a camisole and cardigan, fit and flare dress and leggings - break it down into each piece and the accessories you love)

What you wear on a date or to get together with friends:

What you wear to a job interview or when you need to impress:

Colors and prints you like to wear:

Silhouettes and shapes that you like in your wardrobe now:

What types of fabrics are your "yes!" pile of clothes made from?

We'll work on this further next week...but start to imagine what 3 words you can use to describe how you want to show up in the world: (ex. sassy, playful and confident)