"Cherish the things you love. Cherish yourself." **Marie Kondo**

“*There’s a phenomenon scientists have dubbed ‘enclothed cognition’. This is simply the scientific term for the idea that clothing impacts how we think. The theory says the clothing we wear (or that others are wearing) actually changes our thought patterns. If you think about our history, for centuries, dress was the number one status symbol. It told people where you ranked in society, how much you could afford, and what your profession was. Certain colours (like purple) and fabrics (like silk) were reserved for the royal or elite classes. Years ago, the working class would save up to buy a purple dress or accessory to try to improve their status”.*

*It is still a little like this today. Clothes have become an engrained part of our society. What you wear signals to others who you are and where you belong in this world.* ***More importantly it send signal to your own brain about how it feels to be dressed, what kind of thoughts it needs to possess and how it needs to behave while wearing that kind of outfit.***

Activity: Declutter your wardrobe.

* Find separate boxes for: Charity, Friends & Family, Rubbish.
* Take everything out of one wardrobe, draw and cupboard at a time.
* Lay everything on your bed
* Clean the wardrobe, cupboard or draw
* Decide for each item:

Is it going to help me feel more at ease or more fit and healthy?

Is it going to make me feel happy?

Is it going to make me feel like the me in my vision on my future?

If the answer is no choose an appropriate box to pop it in and go onto the next item. If the answer is yes, pop it back into the wardrobe, cupboard or draw.

Now make a list of anything you feel is missing from your wardrobe. What do you need to help you feel more of your Superpowers?

For example: What will help you feel more relaxed and calm? (Comfortable clothes that don’t irritate, make you too hot or make you have to breathe in constantly)

What will help you feel more creative? (Perhaps colour, something unique to you, something unusual)

What will help you feel more clarity? (Wearing simple clothes, without too much going on can help us feel clearer, less distracted)

What will help you feel more connected? (Perhaps some of your wardrobe needs to reflect your connection to others, it helps you relate more effectively to colleagues or clients by being similar to what they wear)

What will help you feel more confident or courageous? (Perhaps bold colours, patterns, accessories. What do you have that helps you feel you are representing the authentic you?)

Make sure your clothes influence how you want to feel for each specific occasion. If you’re not feeling Superpowered – change your clothes!