

## A STEP BY STEP GUIDE:

# Planning Your Capsule Wardrobe

By Nancin Gukas



# Contents

|  |           |
|--|-----------|
| Introduction   | <u>3</u>  |
| Chapter 1: Understanding Capsule Wardrobes                   | <u>4</u>  |
| Chapter 2: Assessing Your Style, Needs, and Current Wardrobe | <u>5</u>  |
| Chapter 3: Blueprint for Building Your Capsule Wardrobe      | <u>7</u>  |
| Chapter 4: Creating Outfit Combinations                      | <u>9</u>  |
| Conclusion: Embrace Your Journey                             | <u>11</u> |

## INTRODUCTION

# Hi, I'm Nancin Gukas.



Welcome to my e-book: a step by step guide to planning your capsule wardrobe. I hope after going through this book I would have helped you realize that you can transform your closet into one that is more functional, stylish, and most importantly, YOU.

My love for fashion began at the tender age of 10 when I struggled with my self confidence. To grow my confidence, I started paying more attention to what I wore. I realized that what I wore affected how I felt, and as I put on clothes that made me feel and look good on the outside, I began feeling good on the inside. I've learned over the years that being stylish is not about following trends, but about how your clothes make you feel, both inside and outside.

If you are anything like me then at some point you have struggled to find what to wear even though you have a plethora of clothes in your closet. You are most likely stuck because the pieces in your closet aren't functional and aren't a true depiction of your current or aspiring personal style. This guide will hopefully help you think through how to structure your closet to make it more you and more functional. I hope you find it useful!

# Understanding Capsule Wardrobes

## So, what is a capsule wardrobe?

The term capsule wardrobe was foreign to me until the a couple of years ago, even though I've always unconsciously maintained one for years. So what is a capsule wardrobe? It is simply a collection of outfits that can be seamlessly mixed and matched in different ways for different occasions.

Take for example, a white regular t-shirt – I'd consider this is a staple in my capsule wardrobe because there are a variety of ways to style it. Here are a few ideas:



## Capsule wardrobe misconceptions

For my girlies who may be freaking out thinking that a capsule wardrobe would lack variety, I'm here to tell you that the possibilities of a capsule wardrobe can be endless. You can definitely spice up your wardrobe by adding in statement pieces to reflect who you are (we'll get more into this in a later chapter).

Also when beginning your capsule wardrobe journey, do not worry about having a big budget. Start small and gradually work your way up to investing in key pieces over time. As a matter of fact, the only thing I need you to worry about when it comes to building your capsule wardrobe is feeling confident in whatever you wear, and not the price tag. If you don't feel like your best self when you put on an outfit, it has no business being a part of your capsule wardrobe.

# Assessing Your Style, Needs & Current Wardrobe



Now that you have an idea of what a capsule wardrobe is, it's time for us to dive into understanding your personal style, your lifestyle, and what's in your current wardrobe. This step is important in order to build a functional capsule wardrobe.

## **Your Personal Style**

Let's begin by talking about your personal style. Are you more of a laid-back, casual look kinda gal? or are you all about chic and sophisticated dresses with pumps? If you are not sure what your personal style is, an effective way to discover your style is to reflect on the outfits you currently own that you feel most comfortable and confident in.



## **Your Lifestyle**

Next, consider the practical aspects of your lifestyle. What types of activities do you engage in daily? Whether it's a professional setting, social events, or casual outings, your capsule wardrobe should be versatile enough to meet your needs while still expressing your personal style.

## **Assessing your current wardrobe**

Next we are going to dive into your current closet – the place you'll probably spend the most time. It's time to declutter! Decluttering is an important step in building your capsule wardrobe because it allows you to create space for what you actually need. Now this may seem overwhelming at first, but before we go shopping to replace everything, let's see if you've got some hidden gems already.

## CHAPTER TWO CONT.

# Decluttering Checklist

- ✓ Have I worn this in the last 6 months to 1 year? If no, then get rid of it.
- ✓ Is it flattering to my body? If not, get rid of it.
- ✓ Can this be mixed and matched effortlessly with other items I own effortlessly? If no, then you may want to get rid of it.
- ✓ Do I feel confident when I wear this? If no, then you know what to do.
- ✓ Does this represent my personal style? If no, then you've got to LET IT GO!



# Building Your Capsule Wardrobe Blueprint



## **Capsule Wardrobe blueprint**

Now that you've got a good grasp of what a capsule wardrobe is, and you've assessed your personal and lifestyle needs, and decluttered your wardrobe, it's time to build your capsule wardrobe blueprint. A blueprint is critical as it will guide you through the process of creating a functional capsule wardrobe. In this chapter, we will break down the key steps of creating your capsule wardrobe, from selecting a color palette to defining your core basic pieces and adding in statement pieces.

## **Selecting your color palette**

Let's begin our blueprint with color selection. Choosing a cohesive color palette is essential for making sure that your capsule wardrobe pieces can be mixed and matched effortlessly. A good place to start is to identify colors you love and colors that complement each other well. Consider your skin tone and personal preferences when selecting your palette.

## **Color combination resources**

- To get a good understanding of color combinations, color palettes, and an overall guide to applying color theory principles, check out this link: <https://www.canva.com/learn/100-color-combinations/>
- If you still feel stuck on what colors to go with, another good resource is <https://colorwise.me/>. On this site, you can upload a picture of yourself and it will give you suggestions of colors that match your skin tone, hair color, eye color, etc.

As you do this exercise remember that a functional capsule wardrobe should have a good balance of neutral colors and accent colors. Neutral colors are crucial to have in your wardrobe because they can be paired with literally almost anything – they include tones like black, white, gray, and navy, while accent colors can add a pop of personality to your outfits.



# Building Your Capsule Wardrobe Blueprint Cont.

## Define your core pieces

Once you've identified your color palette, it's time to define your core pieces aka your basic pieces. Your core pieces are the foundation of your capsule wardrobe—the versatile basics that form the building blocks of your outfits. Think classic items like basic white tees, little black dresses, mom jeans, tailored blazers, white-buttoned down shirt, blue stripe shirt, etc. we could go on and on. The point though is that these pieces should be timeless and versatile enough to be worn in a variety of ways. Here are a few examples:



## Add in statement pieces

Next, let's talk about statement pieces and accent items that you should consider adding to your closet. While basic pieces provide the backbone of your wardrobe and are a good starting point, a complete wardrobe should also incorporate statement pieces. Statement pieces can be a bright jacket, jewelry, hats, a bold pair of earrings, textured blouse or pants.. you get the jist. Basically its a piece that shows your personality more and elevates your outfit to a whole other level!



As we wrap up this chapter, you should have a clear vision of how to build your capsule wardrobe blueprint. Remember to consider a cohesive color palette, well-defined core pieces, and carefully chosen statement pieces.



## CHAPTER FOUR

# Creating outfit combinations

Now that we have identified your core pieces and statement pieces for your capsule wardrobe, it is time to unleash your creativity and start exploring endless outfit combinations. In this chapter we will discuss how we can maximize the versatility of your wardrobe by mixing and matching your capsule pieces to create a variety of stylish looks.

### Using a color wheel

If you are like me and sometimes struggle to find out what pieces to pair together or what colors go well together, you can use the color theory and the color wheel as a guide. The color theory is used to determine what colors look good together, and the color wheel basically shows the relationship between the different colors on the color wheel. If you are not sure which colors look good together, check out this link:

<https://www.canva.com/colors/color-wheel/>

### Using a mood board for inspiration

Next, I'd recommend using a mood board to gather inspiration. A mood board is simply a visual representation of outfits and styles that inspire you. To create one, visit [Google.com](https://www.google.com) or [Pinterest.com](https://www.pinterest.com) and search for what you need inspiration for. For example, you can search for "business casual outfits for women," "loafers outfit inspiration," or "white button-down shirt outfits"—you get the idea. Once you have your search results, sift through the images and copy-paste only those you connect with into a collage using Microsoft Word or Canva. This collage you've just created is now your mood board. See some examples of two mood boards I created below.

OFFICE OUTFITS MOOD BOARD



TAN PANTS MOOD BOARD



# Creating outfit combinations cont.

The most important thing when creating outfit combinations is to not be afraid to stretch your creativity and step outside of your comfort zone. Experimenting with different combinations can lead to unforeseen yet stylish and creative results.

You can begin with layering different pieces together – this could be as simple as a denim jacket or colorful leather jacket over a basic shirt. Next, consider mixing patterns and textures – you could pair a striped top with floral skirt, or a silk blouse with a leather jacket, the contrast can add depth to your outfit. Don't forget to play with accessories too – a statement pair of earrings or a stylish fedora hat can drastically change the look of an outfit. You can even go monochromatic and wear colors in the same family. Remember, the goal is to create a variety of looks with your capsule wardrobe pieces. So be open, be creative, and don't be afraid to experiment. You might surprise yourself with the stylish ensembles you can create.

## outfit combination inspo feat Me



## CONCLUSION

# Embrace Your Journey

If you have made it this far, I want to commend you for sticking with it and doing the work to start building your capsule wardrobe. Building a capsule wardrobe is not just about selecting a few pieces of clothing; it's about understanding your personal style, making mindful choices, and investing in quality over quantity.

Throughout this book, we've explored various aspects of creating a capsule wardrobe, from understanding what a capsule wardrobe is, to accessing your personal style and needs, to decluttering, to building your capsule wardrobe blueprint and finally exploring outfit combinations. Each step you've taken is a stride towards a more organized, efficient, and stylish wardrobe. Remember, this journey is unique to you, and there is no one-size-fits-all approach, so don't feel like you need to follow everything exactly as I have laid it out here.

If there is one thing you take away from reading this book, I hope it's this - feeling confident in what you wear is what matters the most in building your capsule wardrobe. Confidence in your clothing choices will not only simplify your daily routine but also make you feel like the best version of yourself. So, as you continue to refine and expand your capsule wardrobe, keep this principle in mind. Enjoy the process, stay true to yourself, and embrace the confidence that comes with a thoughtfully curated collection of outfits.

**- NANCIN GUKAS**

WOULD YOU LIKE TO WORK WITH ME ONE  
ON ONE FOR PERSONALIZED STYLING?



**Click the link below to book a consultation with me**

At FashionRahab, we offer one on one personalized styling services  
and virtual closet audits. Click on the link below to book your free 15  
mins consultation with me to get started!

**BOOK CONSULTATION**