

How to avoid buying clothes that you later regret and don't wear

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Having just sorted through my closets and given away or sold about 24 large bags of clothes that I wasn't wearing or didn't love (or didn't fit) I realized that like many people I buy clothes that I don't wear. Here are some questions from Carol Tuttle [article](#) (video below) to ask yourself in the dressing room when you are deciding whether to buy that item.

- why am I buying this item? Poor reasons include:
 - Am I settling? /tired of shopping and this is good enough
 - want to please the sales person who helped me
 - price a good deal even though I don't really love it
- how much do I love it? (1-10)
 - greater than cut off number - say at least 7/10
 - check in with my heart on the decision, not my head
- Functional
 - easy to wear
 - easy to clean
 - fits me well
 - well made
 - Works with other clothes I already have
 - there are many occasions I can wear it
- Do I already have the same kind of piece at home already?
 - If so enjoy the piece I already have and don't buy another
- Does it match my Dress my Truth type and coloring?

Here is to a closet where everything I have I love and can wear. And it is easy to put an outfit that I feel wonderful wearing together!