

# My Closet

Your closet is more than random strips of fabric, it's a collection of tiny pieces of art that you get to carry around with you everyday. It's time to treat your collection with the reverence it deserves. So, let's start by getting mindful so we can handle the challenge ahead.

Find a quiet space and sit either in a chair or on the floor. Breathe IN through your nose and OUT through your mouth. Focus on your breathing and begin to visualize your closet. Repeat to yourself, "I am focused, I am clear...I am focused, I am clear" repeat 10x. Now, with clear and focused intentions EMPTY your closet onto the floor and go through the decision tree below...

## Ask Yourself

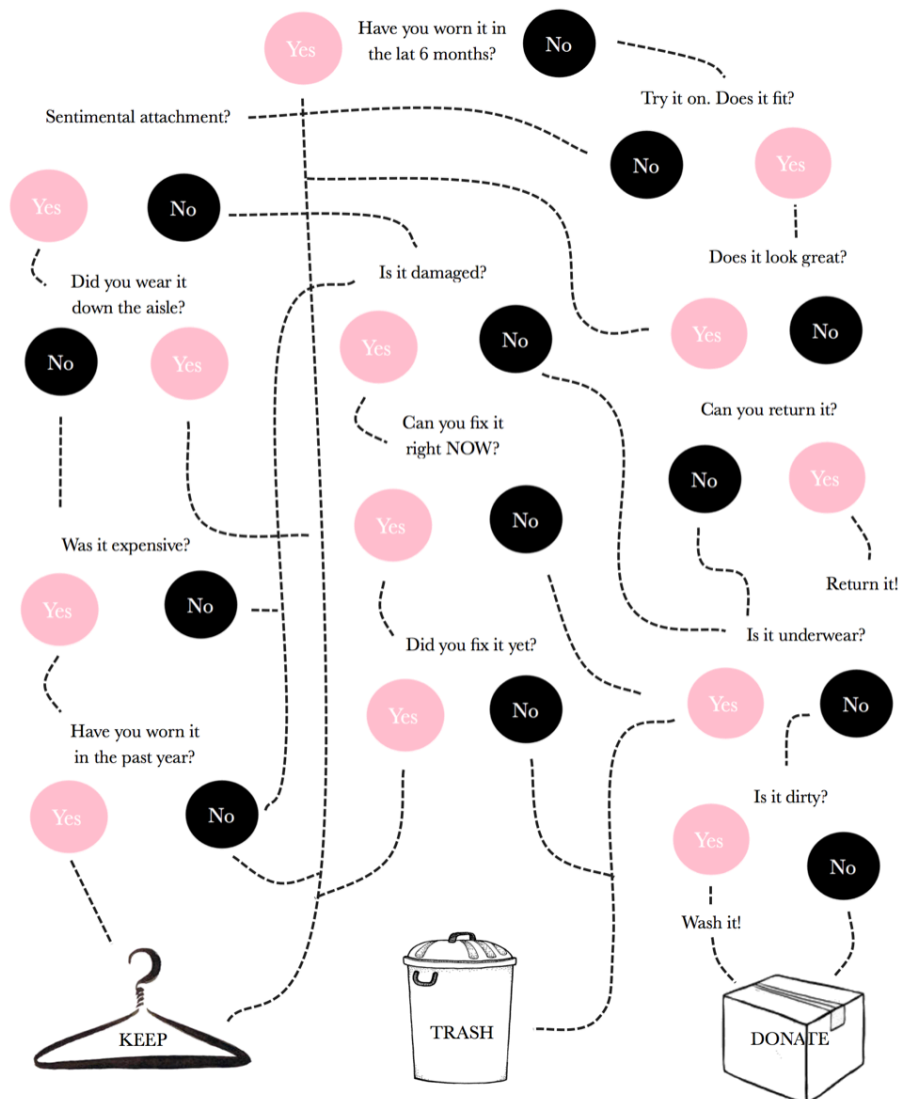


Diagram adapted by Dr. Ally from original at Owitastic/Viabobella-tumblr.com

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