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Outfit Week Planner

This is your planner to help you get dressed easier every day without the stress. Download and laminate to make it easily reusable!

Instructions:

1. Create outfits for each day of the week with clothes from your wardrobe. To make it fun, do it with your friends! Their honesty may work as a blessing!
2. In the first column express your mood in a coloured item. Each day write your mood (remember your mood is a choice you choose, so make it a positive one!) For example if you feel cheery express it with a [yellow] item of your choice. You can choose your colour on the day.
3. Take a picture of your outfit choices for each day and stick it on your second column.

Tips: Seeing your outfits in picture form will help you to see what you have chosen, and will encourage you to make the necessary changes well in advance. Try not to repeat the same outfit more than once in a week.

Let’s Begin…

|  |
| --- |
|  Monday |
| IdeasWhat’s your mood today? Express it in a colour: |  |
| Tuesday |
| IdeasWhat’s your mood today? Express it in a colour: |  |
| Wednesday |
| IdeasWhat’s your mood today? Express it in a colour: |  |
| Thursday |
| IdeasWhat’s your mood today? Express it in a colour: |  |
| Friday |
| IdeasWhat’s your mood today? Express it in a colour: |  |
| Saturday |
| IdeasWhat’s your mood today? Express it in a colour: |  |
| Sunday |
| Ideas:What’s your mood today? Express it in a colour: |  |
| Special Occasion |
| Ideas:What’s your mood today? Express it in a colour: |  |