



FREE
preview



Women's ESSENTIALS

Capsule Wardrobe Checklist



Hello there!

Girl, welcome to an experience that will change your life. It's not an overstatement to say that. Thousands of women who have already used the Frump Fighters® Method can attest to the life-changing power of feeling put together and loving what you wear.

Just a few of the key ways it affects your life deeply? When you feel put together you're energized to conquer your day, your mood is instantly improved, you tell the world "my job at home matters," and the world starts to see YOU shine through with everything you have to offer.

Do you believe that you matter enough for this? I KNOW you do. I believe you were created in the image of God, are beautiful in His eyes, and have a mission with depth and purpose in your realm both at home and beyond.

Are you ready to dress the part? Are you ready to invest some time into freshening up a part of your life that has previously left you frustrated and discouraged?

Before we get started, let me introduce myself. My name is Corina Holden. I'm a wife and a mama to four precious and rambunctious boys.

Fashion always intimidated me. I played it safe and wore the same tops and jeans on repeat—often a size too big. I also worked in an office setting before becoming a mom and had a wardrobe of classic office attire. Still a size too big.

I liked shopping but always bought the same kinds of things over and over because I'd get bored of what I had to wear. The pieces didn't mix and match and I had no idea how to get out of my rut. My shopping sprees felt like a waste of money. But I didn't know any other way.



When I became a stay-at-home mom, my habit of buying office attire kept me from adjusting to my actual new life—abounding with play dates, errands, and baby cuddles accompanied by spit up and snot smears.

I admired those chic moms on the playground that looked so effortlessly put together. But I had neither the know-how nor the guts to dress the way they did.

How did they do it? Where to begin?

I was tired of feeling frumpy all the time. I needed help and I had a hunch that other women felt the same way. So I started a blog to teach me how to revamp my wardrobe.

This capsule plan and outfits is the fruit of years of discovery, learning, testing, and tweaking.

What you have in your hands is the key to loving your wardrobe when before you hated it, feeling instantly stylish when before you felt like a fashion novice, and discovering the power of clothes that mix and match when before you could only resort to the same simple combo over and over.

You might feel overwhelmed at first—because as one mom put it recently “by default anything you add to a mom’s life will make her feel overwhelmed.” We are already at full capacity. I know this is your reality because it is mine too.

But trust me (and the thousands of other women who will be cheering you on): take a few minutes a day to implement the Frump Fighters® method held in this style guide and your life will truly improve in a tangible way.

I believe in you! Let’s do this!

*xoxo,
Corina*

The 5 Steps to Refreshing Your Wardrobe

I've recorded a mini video series to walk you through the 5 essential steps to using this PDF to refresh your wardrobe.

Schedule some time in for yourself, grab your favorite beverage, and dig in!

- 1** **Print this PDF.** [Step 1 Video & Details Here.](#)
- 2** **Purge your closet.** [Step 2 Video & Details Here.](#)
- 3** **Plan your color scheme.** [Step 3 Video & Details Here.](#)
- 4** **Shop your closet.** [Step 4 Video & Details Here.](#)
- 5** **Try new outfits.** [Step 5 Video & Details Here.](#)

Feeling stuck on a step?

Upgrade to [the full Style Guide](#) to get detailed support on each step!



The Capsule Wardrobe Plan

This is the “framework” you’ll use to shop your closet and find gaps that you may want to fill.

The pieces are very carefully planned out to include all the main types of pieces a woman’s wardrobe should have for every day, casual style that is both comfy and chic. (It also includes a couple of dressy pieces for those PTO meetings, date nights, church services, and baby showers.)

This freebie includes JUST the basic essentials from the plan, marked with a star 

You can upgrade to the full style guide to unlock the full wardrobe plan which totals 62 pieces + shoes & accessories.

The Example Color Scheme

To help demonstrate how you would apply your color scheme to the pieces, the example pieces I use follow their own color scheme shown here.



Swap in your own colors using the blank template on the checklist page to customize it to your taste.



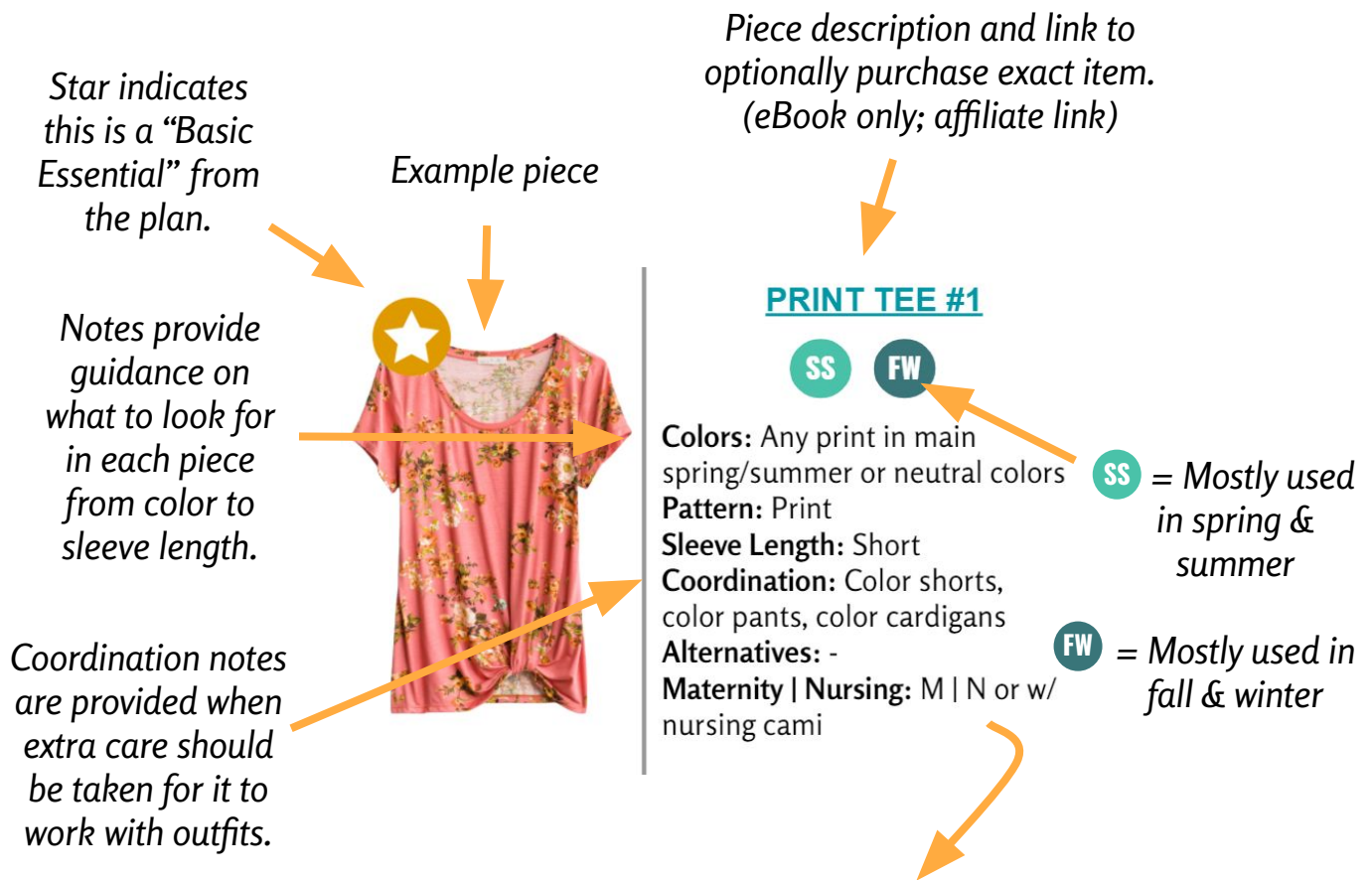
The Visual Capsule List

The picture of the pieces provided in the visual list are only examples. Focus on the details written beside them to find something in your own wardrobe that works. As long as your pieces meet the criteria listed, they will mix and match as intended.

You can use the printable shopping checklist in the next section to mark items off as you find them in your closet.

Key

Here's a breakdown of all the information I provide about each piece in the Visual Capsule Plan List and what it means.



KEY FOR MATERNITY/NURSING NOTES

M = Get maternity version of this piece

Adapt = Use recommended tips to adapt a regular piece for maternity

N = Get nursing friendly style such a nursing design, wrap style, henley, or button-down

W/ nursing cami = Use a regular top with a nursing cami underneath

TOPS



BLACK TOP

SS FW

Colors: Black
Pattern: Solid
Sleeve Length: Short, Sleeveless or Quarter Sleeve
Coordination: -
Alternatives: Other dark neutral (navy, dark brown, charcoal)
Maternity | Nursing: M | N or w/ nursing cami



CHAMBRAY
BUTTON-DOWN

SS FW

Colors: Light or Dark Denim
Pattern: Solid
Sleeve Length: Long
Coordination: -
Alternatives: Pullover style chambray or denim top. Non-denim neutral button-down.
Maternity | Nursing: M or Adapt: Wear open, partially open, closed and knotted above belly, or belted over tee or tank



COLOR SWEATER

FW

Colors: Any solid accent color
Pattern: Solid
Sleeve Length: Long
Coordination: Print skirt, print scarves, print dresses, print shorts
Alternatives: Any neckline is okay but crew neck allows easier layering.
Maternity | Nursing: M | N or w/ nursing cami



LONG SLEEVE
NEUTRAL TEE

FW

Colors: Any neutral
Pattern: Solid
Sleeve Length: Long
Coordination: -
Alternatives: Short sleeve for hot climates
Maternity | Nursing: M | N or w/ nursing cami



NEUTRAL DRESSY TOP

SS FW

Colors: Any neutral
Pattern: Solid
Sleeve Length: Sleeveless, Short Sleeve, Quarter Sleeve
Coordination: -
Alternatives: Any style of dressy top in a neutral solid color.
Maternity | Nursing: M | N or w/ nursing cami



NEUTRAL FITTED
SWEATER

FW

Colors: Any neutral
Pattern: Solid
Sleeve Length: Long
Coordination: -
Alternatives: Any neckline is okay, but crew neck allows easier layering.
Maternity | Nursing: M | N or w/ nursing cami

TOPS



NEUTRAL PLAID
BUTTON-DOWN

FW

Colors: Any neutral-color plaid
Pattern: Solid
Sleeve Length: Long
Coordination: -
Alternatives: Any style of plaid in neutral colors.
Maternity | Nursing: M or
 Adapt: Wear open, partially open, closed and knotted above belly, or belted over tee or tank



NEUTRAL SLEEVELESS
TOP

SS

FW

Colors: Any neutral
Pattern: Solid
Sleeve Length: Sleeveless
Coordination: -
Alternatives: Short sleeve
Maternity | Nursing: M | N or w/
 nursing cami



NEUTRAL TEE

SS

FW

Colors: Neutral
Pattern: Solid
Sleeve Length: Short sleeve
Coordination: -
Alternatives: Any non-white neutral such as gray, navy, charcoal, taupe, camel, brown (as there is a separate White Tee on the list).
Maternity | Nursing: M | N or w/
 nursing cami



PRINT TEE #1

SS

FW

Colors: Any print in main spring/summer or neutral colors
Pattern: Print
Sleeve Length: Short
Coordination: Color shorts, color pants, color cardigans
Alternatives: -
Maternity | Nursing: M | N or w/
 nursing cami



SHORT SLEEVE
STRIPED TEE

SS

FW

Colors: Classic stripes (white on navy/black, navy/black on white)
Pattern: Print
Sleeve Length: Short, sleeveless
Coordination: Print scarves, print shorts, open woven, print skirt (optional)
Alternatives: -
Maternity | Nursing: M | N or w/
 nursing cami



TUNIC TEE

SS

FW

Colors: Any main or neutral colors
Pattern: Solid
Sleeve Length: Short, Sleeveless, Quarter Sleeve
Coordination: Color shorts & color pants
Alternatives: Can get in print if desired. (Note: Wouldn't coordinate with print bottoms and scarves.)
Maternity | Nursing: M | N or w/
 nursing cami

TOPS



WHITE TEE

SS FW

Colors: White
Pattern: Solid
Sleeve Length: Short
Coordination: -
Alternatives: Warm season color types may prefer off-white or oatmeal color
Maternity | Nursing: M | N or w/ nursing cami



NEUTRAL DRESS

SS FW

Colors: Neutral
Pattern: Solid
Sleeve Length: Sleeveless, short, quarter
Coordination: -
Alternatives: Any simple, casual style in midi or maxi length (more limited shoe coordination)
Maternity | Nursing: M | N or button-down style, wrap style

DRESSES



SPRING/SUMMER PRINT DRESS

SS

Colors: Any print in neutral or accent colors
Pattern: Print
Sleeve Length: Sleeveless, short
Coordination: Color belt, color cardigans, color flats
Alternatives: Any simple, casual style. Midi, maxi length (more limited shoe coordination)
Maternity | Nursing: M | N or button-down style, wrap style



STRIPED DRESS

SS FW

Colors: Classic stripes (white on navy/black, navy/black on white)
Pattern: Print
Sleeve Length: Short, sleeveless, or quarter
Coordination: Print scarves, Open woven
Alternatives: Any simple, casual style, midi or maxi length (more limited shoe coordination)
Maternity | Nursing: M | N

BOTTOMS



COLOR SHORTS

SS

Colors: Spring/summer accent color
Pattern: Solid
Length: 3", 5", 7" or bermuda
Coordination: Print tops
Alternatives: A color skirt can be substituted.
Maternity: Get in maternity style



DARK WASH JEANS

SS FW

Colors: Dark wash blue denim
Pattern: Solid
Fit: Bootcut, flare, straight or skinny (to wear under Tall Boots)
Coordination: -
Alternatives: Skinny style will be the most versatile because you can wear them with more styles of shoes & tops.
Maternity: Get in maternity style

Beyond Basics: Discover all 28 Tops and 6 Dresses when you upgrade.

BOTTOMS



DENIM SHORTS

SS

Colors: Dark, medium, or light blue denim wash
Pattern: Solid
Length: 3", 5", 7" or bermuda
Coordination: -
Alternatives: A denim skirt can be substituted
Maternity: Get in maternity style



FALL/WINTER COLOR PANTS #1

FW

Colors: Any fall/winter accent color
Pattern: Solid
Fit: Skinny, straight, bootcut or flare
Coordination: Print tops, print sweaters & print scarves
Alternatives: Colored denim. Skinny style will be the most versatile because you can wear them with more styles of shoes & tops.
Maternity: Get in maternity style



JOGGERS

FW

Colors: Black, navy, or gray
Pattern: Solid
Fit: Slim, Fitted
Coordination: -
Alternatives: Any comfy lounging pants: Moto jeggings, joggers, yoga pants. If dislike athletic look, swap for neutral ponte knit pants or other comfy pants with stretch.
Maternity: Get in maternity style or adapt low rise pair



LEGGINGS

FW

Colors: Solid black, navy, or gray
Pattern: Solid
Coordination: Used under dresses, skirts and tunics.
Alternatives: Optional to get additional pairs in other colors.
Maternity: Get in maternity style



NEUTRAL JEANS

SS FW

Colors: White, black, navy, gray, rust, or khaki
Pattern: Solid
Fit: Skinny, straight, bootcut, flare.
Coordination: -
Alternatives: Chino/twill material. Skinny style will be the most versatile because you can wear them with more styles of shoes & tops.



NEUTRAL SKIRT

SS FW

Colors: Any solid neutral (does not need to be denim)
Pattern: Solid
Length: Mini or knee-length recommended for option to wear with leggings + boots in fall/winter
Coordination: -
Alternatives: Midi or maxi length
Maternity: Get in maternity style

Beyond Basics: Discover all 13 Bottoms when you upgrade.

BOTTOMS



**SPRING/SUMMER
COLOR PANTS**

SS

Colors: Any accent color for spring/summer
Pattern: Solid
Fit: Skinny, straight
Coordination: Print tops, print cardigan, & scarves
Alternatives: Color denim. Bootcut.
Maternity: Get in maternity style

COMPLETER PIECES



**DARK COLOR
CARDIGAN**

SS FW

Colors: Fall/winter accent color
Pattern: Solid
Style: Fitted or flowy. Hip-length or boyfriend length.
Coordination: Print tops, print skirt, fall/winter print dress
Alternatives: Open sweater vest for very warm climates



DENIM JACKET

SS FW

Colors: Dark, medium or light denim wash
Pattern: Solid
Coordination: -
Alternatives: White denim



HEAVY COAT

FW

Colors: Neutral
Pattern: Solid
Coordination: -
Alternatives: Any warm winter jacket/coat. Trench coat for very warm climates.
Maternity: Adapt or get in maternity style.



MOTO JACKET

SS FW

Colors: Any leather or solid neutral/main/accent color.
Pattern: Solid
Coordination: Pants, skirts, dresses
Alternatives: Leather jacket, bomber jacket.

Beyond Basics: Discover all 13 Bottoms when you upgrade.

COMPLETER PIECES



NEUTRAL CARDIGAN

SS FW

Colors: Neutral
Pattern: Solid
Style: Fitted or slouchy. Boyfriend or duster length.
Coordination: -
Alternatives: Open sweater vest for very warm climates



UTILITY JACKET

SS FW

Colors: Any shade olive or other neutral such as khaki, black, navy, gray, burgundy, or blush.
Pattern: Solid
Coordination: -
Alternatives: Other commonly used terms for this kind of jacket are: “military,” “cargo,” “army.”



WARM VEST #1

FW

Colors: Any solid neutral or fall/winter accent color
Pattern: Solid
Coordination: Long-sleeve tops, sweaters, jackets, fall/winter print scarf
Alternatives: Also called “puffer vest.” Other options are a sweater vest, Warm Vest #2, fur vest, or hoodie vest.



ANKLE BOOTS

FW

Colors: Any neutral genuine or faux leather/suede
Pattern: Solid
Coordination: -
Alternatives: Get without cut-out style so you can wear with regular ankle socks



NEUTRAL FLATS

SS FW

Colors: Solid neutral
Pattern: Solid
Style: Round toe, pointed toe or peep-toe. Ballet, d’orsay.
Coordination: Should be dressy enough to wear in dressy outfits but casual enough to wear to errands.
Alternatives: -

SHOES

Beyond Basics: Unlock All 12 Completer Pieces & 12 Shoes when you upgrade.

SHOES



SLIP-ON SNEAKERS

SS FW

Colors: Neutral
Pattern: Solid
Coordination: -
Alternatives: Any style fashion slip-on sneaker including Toms® style



SLIPPERS

FW

Colors: Neutral
Pattern: Solid
Coordination: -
Alternatives: Any cute slipper for use around the house



STRAPPY SANDALS

SS

Colors: Neutral color or leather
Pattern: Solid
Coordination: -
Alternatives: Any stylish flip-flop or simple, comfy sandal



TALL BOOTS

FW

Colors: Black, gray or brown leather
Pattern: Solid
Coordination: -
Alternatives: -
Notes: Consider this an investment piece. Get genuine leather if possible to last you many years



BASIC MAKEUP & NAIL POLISH

SS FW

- [Fun nail color](#)
- [Foundation/BB Cream](#)
- [Mascara](#)
- [Blush](#)
- [Lip Color](#) (LipSense or other no-smudge lip color recommended. Tinted lip balms also work great.)



MINIMALIST EARRINGS #1

&

MINIMALIST EARRINGS #2

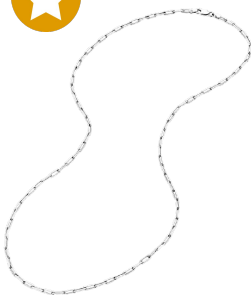
SS FW



Colors: Neutrals/metals
Coordination: -
Alternatives: Can be studs or hoops.

ACCESSORIES

ACCESSORIES



MINIMALIST NECKLACE

SS FW

Colors: Any metal
Coordination: -
Alternatives: Any delicate necklace ending above bustline



NEUTRAL BELT

SS FW

Colors: Solid black or brown leather
Pattern: Solid
Coordination: All bottoms and dresses
Alternatives: Any style belt, but should be able to be worn both on waist and below bustline. Look for elastic back for comfort.



NEUTRAL SCARF

FW

Colors: Any neutral color
Pattern: Solid
Styles: Blanket, infinity, regular
Coordination: -
Alternatives: Look for thick knit. Warmer climates can skip this item or look for light fabric.



NO-SHOW SOCKS

SS FW

Colors: Any neutral, main, or accent colors
Pattern: Solid or Print
Styles: Ankle socks, no-show socks
Coordination: You may want some ankle socks for wearing with your running sneakers, but get a pair of lower cut no-show socks for your slip-on sneakers. (Socks should not show when wearing Slip-On Sneakers and Lace-Up Casual Sneakers)



PENDANT NECKLACE

SS FW

Colors: Any metal, bead or thread with color accents if desired
Coordination: -
Alternatives: Any medium or extra long necklace with pendant of any style



SPRING PRINT SCARF

SS FW

Colors: Any print in neutral or spring/summer colors
Pattern: Print
Styles: Blanket, infinity, regular
Coordination: Color tops, striped tops, striped dress
Alternatives: Any light fabric with spring print

Beyond Basics: Unlock All 28 Accessories when you upgrade.

ACCESSORIES



STATEMENT EARRINGS

SS FW

Colors: Solid neutral
Coordination: -
Alternatives: Any fun earrings that are large or colorful.



TOTE

SS FW

Colors: Any neutral or near-neutral
Coordination: Should coordinate with overall color scheme in both spring/summer and fall/winter
Alternatives: Any basic tote-style bag



WARM SOCKS

FW

Colors: Any neutral or accent colors
Pattern: Solid or Print
Styles: Ankle socks, crew/boot socks
Coordination: Fall/winter colors. Neutral boot socks are easiest to wear with Ankle Boots.
Alternatives: Warmer climates can skip warm socks.

These additional wardrobe items are not styled in outfits but just as essential!

OTHER



APRON

SS FW

Colors: Neutral or Accent Colors
Pattern: Solid or Print
Coordination: -
Alternatives: -
Maternity/Nursing: Adapt regular piece | Adapt regular piece



BRAS

SS FW

Colors: Neutral or Accent Colors
Pattern: Solid or Print
Coordination: -
Alternatives: -
Maternity/Nursing: Get in maternity style or adapt regular regular piece | Get in nursing-friendly style

OTHER



CAMISOLE

SS FW

Colors: Neutral or Accent Colors
Pattern: Solid
Coordination: -
Alternatives: Black/Navy and skin tone are the most important colors to have.
Maternity/Nursing: Get in maternity style or adapt regular regular piece | Get in nursing-friendly style



PANTIES

SS FW

Colors: Neutral or Accent Colors
Pattern: Solid or Print
Coordination: -
Alternatives: -
Maternity/Nursing: Get in maternity style or adapt regular regular piece | Adapt regular piece



SPORTS BRA

SS FW

Colors: Neutral or Accent Colors
Pattern: Solid
Alternatives: Get as many as you need with the support level that you need.
Maternity/Nursing: Get in maternity style or adapt regular regular piece | Get in nursing-friendly style



SUMMER PAJAMAS

SS

Colors: Neutral or Accent Colors
Pattern: Solid or Print
Coordination: -
Alternatives: -
Maternity/Nursing: Get in maternity style or adapt regular regular piece | Adapt regular piece



SWIM SUIT

SS

Colors: Neutral or Accent Colors
Pattern: Solid or Print
Coordination: -
Alternatives: Besides having a family-friendly option, consider also getting a “sexier” option for getaways with your spouse.
Maternity/Nursing: Get in maternity style or adapt regular regular piece | Get in nursing-friendly style



WINTER PAJAMAS

FW

Colors: Neutral or Accent Colors
Pattern: Solid or Print
Coordination: -
Alternatives: -
Maternity/Nursing: Get in maternity style or adapt regular regular piece | Adapt regular piece

PRINT
ME!

The Shopping Checklist


Use the blank color palette template below to fill in the colors you want to apply in your own wardrobe. (The video from Step 3 on the steps page explains how.)

This handy color scheme makes it easy to reference when you're planning and shopping!


My Color Scheme

Use the blank color scheme template below to fill in the colors you want to apply in your own wardrobe. This handy color scheme makes it easy to reference when you're planning and shopping.

**NEUTRAL
COLORS**

					
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

**MAIN
COLORS**

spring / summer		fall / winter	
	<hr/>		<hr/>



Get the following additional resource in the [upgrade](#):

A mini course that goes in depth about how to create your own color palette (with several pre-designed color palette examples).



TOPS

SPRING/ SUMMER	FALL/ WINTER		NOTES (COLOR, SLEEVE LENGTH, STYLE, ETC.)
SS	FW	<input type="checkbox"/> ★ Black Top	_____
SS	FW	<input type="checkbox"/> ★ Chambray Button-Down	_____
	FW	<input type="checkbox"/> ★ Color Sweater	_____
	FW	<input type="checkbox"/> ★ Long Sleeve Neutral Tee	_____
SS	FW	<input type="checkbox"/> ★ Neutral Dressy Top	_____
	FW	<input type="checkbox"/> ★ Neutral Fitted Sweater	_____
	FW	<input type="checkbox"/> ★ Neutral Plaid Button-Down	_____
SS	FW	<input type="checkbox"/> ★ Neutral Sleeveless Top	_____
SS	FW	<input type="checkbox"/> ★ Neutral Tee	_____
SS	FW	<input type="checkbox"/> ★ Print Tee #1	_____
SS	FW	<input type="checkbox"/> ★ Short Sleeve Striped Tee	_____
SS	FW	<input type="checkbox"/> ★ Tunic Tee	_____
SS	FW	<input type="checkbox"/> ★ White Tee	_____
		<input type="checkbox"/> _____	_____
		<input type="checkbox"/> _____	_____
		<input type="checkbox"/> _____	_____
		<input type="checkbox"/> _____	_____

DRESSES

SS	FW	<input type="checkbox"/> ★ Neutral Dress	_____
SS		<input type="checkbox"/> ★ Spring/Summer Print Dress	_____
SS	FW	<input type="checkbox"/> ★ Striped Dress	_____
		<input type="checkbox"/> _____	_____
		<input type="checkbox"/> _____	_____
		<input type="checkbox"/> _____	_____
		<input type="checkbox"/> _____	_____

NOTES
(COLOR, SLEEVE LENGTH, STYLE, ETC.)

BOTTOMS

- SS ★ Color Shorts _____
- SS FW ★ Dark Wash Jeans _____
- SS ★ Denim Shorts _____
- FW ★ Fall/Winter Color Pants #1 _____
- FW ★ Joggers _____
- FW ★ Leggings _____
- SS FW ★ Neutral Jeans _____
- SS FW ★ Neutral Skirt _____
- SS ★ Spring/Summer Color Pants _____
- _____
- _____
- _____
- _____

COMPLETER PIECES

- SS FW ★ Dark Color Cardigan _____
- SS FW ★ Denim Jacket _____
- FW ★ Heavy Coat _____
- SS FW ★ Moto Jacket _____
- SS FW ★ Neutral Cardigan _____
- SS FW ★ Utility Jacket _____
- FW ★ Warm Vest #1 _____
- _____
- _____
- _____
- _____

NOTES
(COLOR, SLEEVE LENGTH, STYLE, ETC.)

SHOES

- FW ★ Ankle Boots _____
- SS FW ★ Neutral Flats _____
- SS FW ★ Slip-On Sneakers _____
- FW ★ Slippers _____
- SS ★ Strappy Sandals _____
- FW ★ Tall Boots _____
- _____
- _____

ACCESSORIES

- SS FW ★ Basic Makeup _____
- SS FW ★ Minimalist Earrings #1 _____
- SS FW ★ Minimalist Earrings #2 _____
- SS FW ★ Minimalist Necklace _____
- SS FW ★ Nail Polish _____
- SS FW ★ Neutral Belt _____
- FW ★ Neutral Scarf _____
- SS FW ★ No-Show Socks _____
- SS FW ★ Pendant Necklace _____
- SS FW ★ Sprint Print Scarf _____
- SS FW ★ Statement Earrings _____
- SS FW ★ Tote _____
- FW ★ Warm Socks _____
- _____
- _____
- _____

These items are not styled in outfits but listed here for your convenience!

SPRING/ SUMMER	FALL/ WINTER	NOTES (COLOR, SLEEVE LENGTH, STYLE, ETC.)
SS	FW <input type="checkbox"/> ★ Apron	
SS	FW <input type="checkbox"/> ★ Bras	
SS	FW <input type="checkbox"/> ★ Camisole	
SS	FW <input type="checkbox"/> ★ Panties	
SS	FW <input type="checkbox"/> ★ Sports Bra	
SS	<input type="checkbox"/> ★ Summer Pajamas	
SS	<input type="checkbox"/> ★ Swimsuit	
	FW <input type="checkbox"/> ★ Winter Pajamas	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
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OTHER

Beyond Basics: Unlock the full list when you upgrade.

FAQ

Q. What if I don't have any budget to buy clothes right now?

Building up a wardrobe you love can take months or even years. It took me a couple of years using my allotted monthly budget to get it to the place I envisioned. The cool thing is, even without all the recommended pieces you can enjoy tons of versatility and have fun in the process. Start by purging your closet to get down to the best of what you have. Plan a monthly budget for clothes and focus on 1 or 2 essentials from the list that would help add versatility. Don't forget to check your local thrift stores!

Q. Do I have to buy the clothes on your list for this to work?

The pieces pictured are just examples. The goal is to use the description about each piece to find something in your closet or the store that matches the description.

Q. Won't I get bored by the size of a capsule wardrobe?

I call this a capsule because it is focused on leanness and creating remixability in your wardrobe. However at 62 pieces + shoes and accessories this is no mini, boring capsule. It's a complete wardrobe framework that will last you a lifetime, with 428 unique outfit combinations!

Q. I'm stuck on the step of planning a color scheme. Where can I get more help?

You're not alone--this is the most common step for moms to get hung up on. As I encourage you in that step's video, push through and get a working plan. You can tweak as you shop and shape your wardrobe. If you'd like more help, the upgrade provides a mini course, templates, and additional pre-designed color schemes to make this easy.

Q. What if I'm over 40, will this still work for me?

Absolutely! A majority of our moms are actually in the 35-55 range. And we have many seniors using it too. The plan is flexible enough to adapt to your taste and style while still allowing the outfit formulas in the upgrade to work beautifully.

Q. Does this work for plus size too?

Yes, we have moms of every shape and size using it and looking fab!

Q. What should I do with the clothes in my wardrobe that aren't on the list?

If you like them and they fit well, keep them! You can swap them in on some of the outfit formulas within the upgrade.

Q. Does this work for maternity?

Yes, this was designed to work for pregnant and nursing mamas too! You'll see notes for maternity in the capsule list and in the upgrade the outfits are modeled on pregnant ladies too.



Outfit Ideas

Did you know the main pieces in this capsule wardrobe plan combine into 428 unique outfits?

In the Style Guide I set out to display every single outfit visually, adding the complete pieces, shoes and accessories to create a complete outfit...428 times.

In the next page you'll get to preview 4 of those outfits, one for each season of the year. Upgrade to get the book with **all 428!** (Most of the outfits in the upgrade are casual outfits, but there are also 57 dressy ideas included for PTO meetings, date nights, baby showers, church services, etc.)

How the Outfit Ideas Work



Try This Outfit Formula from the Fall-Dressy Section!



Roll pant hems 1-2" to wear with ankle boots.

Outfit 57a

Neutral Dressy Top
Fall/Winter Color Pants #1
Pendant Necklace
Neutral Belt
Neutral Cardigan
Tote
Ankle Boots

Try This Outfit Formula from the Winter-Casual Section!



Outfit 63a

Neutral Fitted Sweater
Neutral Jeans
Statement Bracelet
No-Show Socks
Warm Vest #1
Fall/Winter Print Scarf
Hands-Free Bag
Lace-Up Sneakers

Try This Outfit Formula from the Spring-Casual Section!



Outfit 154

Print Tee #1
Neutral Skirt
Minimalist Earrings #1
Tote
Strappy Sandals

Try This Outfit Formula from the Summer-Casual Section!



Outfit 185

Short Sleeve Striped Tee
Color Shorts
Minimalist Earrings #2
Open Woven
Tote
Fashion Sandals

The Outfits on Real Women

The outfit guide upgrade also has a section showing how ALL 428 outfits look on real people! Here's a sneak peak of one page from that section.

Outfit 135



Outfit 135a



Outfit 136



Outfit 136a



Outfit 137



Outfit 137a



Outfit 138



Outfit 139



Outfit 139a



Upgrade to the Style Guide or Outfit Calendar for the full capsule & all the outfits!



These are the same 428 outfits based on the same capsule wardrobe plan.

- Choose [the Style Guide](#) if you want more details on each outfit + examples of the outfits on real women.
- Choose [the Outfit Calendar](#) if you want an easy reference for what to wear each day.

[Get Style Guide](#)

[Get Calendar](#)

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