

Wardrobe Satisfaction Scale: Assessing Your Closet Contentment

Have you ever stopped to think about how satisfied you are with your wardrobe?

It's easy to get caught up in the hustle and bustle of daily life without taking a moment to reflect on your clothing choices. Yet your wardrobe plays a significant role in shaping your daily experiences and influencing your confidence. So, take a moment to ponder: Does your wardrobe truly reflect who you are and how you want to present yourself to the world?

We developed a *Wardrobe Satisfaction Evaluation* and corresponding *Wardrobe Satisfaction Scale* to help you assess various aspects of your wardrobe. The evaluation allows you to identify areas of improvement, such as organization, fit, and style alignment. Just know that no matter where you are in your style journey, and regardless of whether you score high or low on this evaluation, the Threads Method will be able to help. It might be a full transformation, or it may involve simpler measures to save you time and money.

Alright, quiz time! Once you're done, check your score on the *Wardrobe Satisfaction Scale* to see how your closet stacks up!

The wardrobe satisfaction scale can help you understand your preferences, values, and needs when it comes to your wardrobe, enabling you to make informed decisions about what to keep, discard, or add to your collection.

WARDROBE SATISFACTION EVALUATION

**DOES YOUR CURRENT WARDROBE REFLECT YOUR PERSONAL STYLE
AND PERSONALITY?**

STRONGLY AGREE - 5
AGREE - 4
NEUTRAL - 3
DISAGREE - 2
STRONGLY DISAGREE - 1

**ARE YOU SATISFIED WITH THE ORGANIZATION AND ACCESSIBILITY OF
YOUR CLOSET SPACE?**

VERY SATISFIED - 5
SATISFIED - 4
NEUTRAL - 3
UNSATISFIED - 2
VERY UNSATISFIED - 1

**HOW OFTEN DO YOU STRUGGLE TO FIND OUTFITS THAT MAKE YOU FEEL
CONFIDENT AND COMFORTABLE?**

RARELY - 5
OCCASSIONALLY - 4
SOMETIMES - 3
OFTEN - 2
ALWAYS - 1

**DO YOU FIND YOURSELF PURCHASING CLOTHING ITEMS THAT YOU RARELY
WEAR OR DONT KNOW HOW TO STYLE?**

NEVER - 5
OCCASSIONALLY - 4
SOMETIMES - 3
OFTEN - 2
ALWAYS - 1

**OVERALL, HOW SATISFIED ARE YOU WITH YOUR CURRENT WARDROBE AND
CLOSET SITUATION?**

VERY SATISFIED - 5
SATISFIED - 4
NEUTRAL - 3
UNSATISFIED - 2
VERY UNSATISFIED - 1

THREADS METHOD: STYLED FOR LIFE

A book preview by Kristen Campbell & Kristin Argento

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WARBROBE SATISFACTION SCALE

20-25

High Score!

YOUR STYLE SITUATION:

YOUR WARDROBE AND CLOSET ORGANIZATION IS OUTSTANDING AND YOUR STYLE IS WELL REPRESENTED.

AFTER IMPLEMENTING THE THREADS METHOD

YOU WILL CONSISTENTLY DRESS IN A WAY THAT MAKES YOU LOOK AND FEEL CONFIDENT.

11-19

YOUR STYLE SITUATION:

YOU ARE GENERALLY SATISFIED WITH YOUR WARDROBE, BUT THERE IS ROOM FOR IMPROVEMENT. YOU FEEL SOMEWHAT CONFIDENT IN YOUR STYLE BUT OCCASIONALLY STRUGGLE WITH OUTFIT CHOICES AND CLOSET ORGANIZATION.

AFTER IMPLEMENTING THE THREADS METHOD

YOU WILL BUILD GOOD EDITING, STYLING, AND SHOPPING HABITS THAT BECOME SECOND NATURE!

5-10

YOUR STYLE SITUATION:

YOU ARE VERY UNSATISFIED WITH YOUR WARDROBE AND CLOSET SITUATION. YOU FEEL THAT YOUR WARDROBE DOESN'T REFLECT YOUR PERSONAL STYLE, AND YOU CONSTANTLY STRUGGLE WITH OUTFIT CHOICES AND CLOSET ORGANIZATION.

AFTER IMPLEMENTING THE THREADS METHOD

YOU WILL ELIMINATE DISTRACTIONS FROM YOUR CLOSET, AND HOLD IN YOUR HANDS THE KNOWLEDGE TO ALIGN YOUR WARDROBE AND YOUR STYLE !

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