



Konnecting with Karen

Image Connections

October 2008

October Events:

Please contact me if you would like to attend.

Wings meeting -

Tuesday Oct. 7 @2pm at
The Bradford Diner

Karen will be speaking at the following events:

Tues. Oct.21 through the
East Gwillimbury
Chamber of Commerce
(more details to follow)

Sat. Oct. 25 Please join
me at a Fifth Ave.
Jewelry Open House @
2pm to hear "10 Insider
Tips For Looking Time-
less" 47 Olive St.
Holland Landing

Sun. Oct. 19 @ Bridal
Show @ Cardinal Golf
Course... Oxy-lift booth

Sat. Nov.8 @ Girl Guide
Enrichment Day ,
Newmarket

Sat. Nov.15 @ 23 Diana
Dr. North York \$25
admission open to all
women.


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Closet Organization and Sex?

Is your to-do list flashing through your head while you are otherwise engaged in an... intimate activity?

Women, the multi-taskers. When you could be zooming to the moon are you planning what to wear to work, what to make for lunches or for dinner and thinking of the day ahead? It's a challenge to be in the "Now" with so much to do in so few hours.

Do you open your closet in the morning and weed through smooshed skirts, pants and blouses, as you step on shoes, belts and maybe even dirty laundry?

You reach for a pair of pants but they need hemming, have lost a button or are too tight. You have twenty tops and not the right skirt, or the right skirt but no pantyhose. Nothing looks or feels good!

After 40 minutes you succumb to wearing the same thing...again. You feel uninspired, grumpy and more rushed than ever.

How would you like to open your closet door and see everything inside in its place? All the clothing living inside looks fabulous on you! Getting dressed would take five minutes, you'd feel

great and you'd have 40 minutes for **other** things...!

Your closet is your personal shrine and getting dressed should be an art. Your closet should hold only clothing and accessories, not blankets or books.

Block out an afternoon for YOU! Crank up your favourite music, and prepare 3 boxes, labelled; Toss, Give Away & Mend. Set your intention for having extra time for fabulous you.

Start by only keeping items that fit you NOW! Items that look wonderful on you! Don't make excuses for clothing that still has a price tag on it, or items that were on sale, or are good for washing the car.

Next, take a look at the colours. Keep colours that make you come alive, that enhance your skin tone, make your eyes brighter and your smile whiter.

Recycle wire hangers and buy only tubular plastic, clear plastic or wooden hangers. Your pants will hang smoother and your tops won't get the lumpy shoulder look.

Arrange everything by colour. For example; black

pants and skirts, blue pants and skirts. I like having double closet rods and I hang my tops above, also grouped by colour. You can even hang outfits together so it makes planning fast and easy. Try placing the matching shoes underneath.

I have even put my matching hosiery in a ziplock bag, punched a hole in the bag, and put it on the hangar too so I am not rummaging around in the morning. You can add your jewellery to another ziplock bag to put on the hanger if you are the type who needs 2 cups of coffee before you can speak, let alone organize your outfit.

Then when morning arrives, you'll open your closet door and choose a fabulous co-ordinated outfit that makes you smile!

Now, about the extra 45 minutes you have left... before the kids are up? You have just created extra time in your morning and removed a big stress zone! When you get to work and are asked, "You're looking great...what is that smile on your face all about?" You can answer,

"Blame it all on my organized closet!"