

333 - 7 Ways to Always Know What to Wear

Hi there! You're listening to The Lazy Genius Podcast! I'm Kendra Adachi, and I'm here to help you be a genius about the things that matter and lazy about the things that don't! Today is episode 333 - 7 ways to always know what to wear. I'm pumped about this episode because getting dressed is one of those things we do every day, and daily things take their toll. Sometimes we're just over getting dressed and figuring out an outfit and what does an outfit even really mean et cetera et cetera. Today, I'm going to share 7 ways to always know what to wear. You can pick one, or you can pick all seven. Either way, you're going to leave with more calm and hopefully even more excitement about the daily act of putting on clothes.

Alright so, we have a magic trick here. All seven of these ways to always know what to wear come down to one thing: Decide Once. Decide Once is a Lazy Genius principle, it's the first principle described in my book *The Lazy Genius Way*, and it is as close to a hack as you'll get around here. I almost named this episode 7 Ways to Hack an Outfit which is actually pretty accurate still, but I try and avoid that word because hack doesn't always include the choice of what matters. It's just something to make a situation easier or lazier or whatever. And that's not bad. I like that. But we do that on purpose. As Lazy Geniuses, we don't just hack to hack. We don't just make things easier to make everything easier. We intentionally name what matters and what doesn't so that we know where to funnel our lazy energy and our genius energy. So I like shortcut but to somewhere we know.

In this case, Decide Once is a great shortcut to helping us know what to wear every day without as much effort or frustration. So this list is basically 7 ways you could decide once when it comes to getting dressed. Again, pick one, pick three, pick seven, change them around depending on the season of your life. But I think that if and when you hit a wall where knowing what to wear just drives you nuts, come back to this episode and get another idea that could help you wherever you are.

Okay, let's do this. Here are 7 ways to always know what to wear by deciding once.

Number one: Decide your silhouette once. What's a silhouette? It's the shape of you and your clothes. If you put an outfit on and then you shine a light either behind or in front of you because I don't know science stuff, it's the outline. What outline do you love wearing? This is seriously one of the best ways to Decide Once because if you have a silhouette or two that are your go-to's, you can skip new items of clothing or outfit combinations that don't match your silhouette. Done and done.

Going into fall, one of my favorite go-to silhouettes is a wide-legged pant, a fitted shirt tucked in, and a blazer or sweater over top. The outline of the pants is wide, the jacket or cardigan or outer layer needs to hit me right at hip level or slightly above, and I also like for that layer to be tapered in a smidge at the waist. That's a silhouette that I can always depend on. It doesn't matter what specific pant or shirt or jacket or sweater I wear; as long as they are the right shape and create the same general outline, the outfit will work. It really will.

Another silhouette I love for myself is slouchy pants and an oversized top. The outline of that is mostly a blob, and I love the blob. But here's one thing about that blob outline that makes it work for me. I almost always cuff my pants and show my ankle like a scandalous woman in the 1700s. Even if it's cold and I'm wearing socks, the outline of the slouchy pant coming in to a narrow ankle and back out again for the shoes is a really nice outline for me. It makes the blob seem on purpose.

How do you find your silhouette? Put on an outfit you love. A single outfit. Look at it in the mirror and notice the shape. Are the pants wider than your waist? Do you like a puff sleeve to give some structure to your top half? What's the shape? What's the outline? Decide once that that outline is one way you put outfits together. I have about three silhouettes I lean on at all times, and it makes shopping and getting dressed every day so much easier. I know that I will not wear a wide-legged pant with an oversized top. That outline isn't for me. But a slouchy pants that's more straight leg with the same top? Yes please.

So that's your first Decide Once: decide your silhouette.

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Number two: Decide your uniform once. I've talked about a Monday uniform for years, but the idea of a uniform is not new nor must it be specific to Monday. You're basically naming "this is what I wear on this day." It can be an actual outfit, like black pants and a chambray shirt. It can be a color choice like Mean Girls. We wear pink on Wednesdays. It can be black pants and any top on meeting days or a dress on Thursdays or whatever you want it to be. You're simply deciding one time that this is what I wear on this day or for this occasion. My going out to eat fancy uniform is always all black. It might be different versions - black pants and a black top, a black jumpsuit I have, a black dress. But my "let's go have a fun fancy night out" uniform is all black.

In fact, I love uniforms so much that I did a collab with ABLE, a clothing brand I really love, that is 100% a Decide Once uniform. We made a pair of overalls called The All-Day Jumpsuit in two colors and then a classic top called the Go-To Tee in another two colors, and you can mix and match those pieces to create four different uniforms. But you know the uniform is the jumpsuit and the top. Or the jumpsuit and any top. Or that top and any pant. They're so versatile they can be used in all kinds of uniforms which makes me very happy. But that's how much I love uniforms. I had a clothing brand make some for me. If you want to check the pieces out, the link is in the show notes, or you can go to ABLE's website ableclothing.com, and you'll see the Lazy Genius pieces!

But uniforms are without question an excellent way to decide once in your closet and always know what to wear.

Number three: Decide your brand or store once. If you're in the market for new clothes at any point, decide one time where you're going to go if that's a strategy that works for you. My go-to stores or brands are ABLE, Madewell, and Banana Republic Factory. Weirdly not Banana Republic, but almost everything I've ever gotten at Factory stays a favorite for a long time and fits me great. But knowing brands or stores that just work for you consistently can be a great way to limit your choices when it's time to shop for sure but even know what to wear.

I have clothes in my closet from other brands than those I just mentioned, and but if I had to pick out my five to ten favorite outfits that make me feel the most like myself, I would guarantee you that only those brands would be on the labels. Almost certainly. So if you have the experience of a brand that works for you, consider making that a Decide Once. Just shop there.

Another direction you can take this is to Decide Once to only buy secondhand. Maybe you only do ThredUp or your local thrift store or Poshmark or something. It doesn't have to be about the brand or fit. It can just be about where you like to go to find clothes that work for you. The more you're able to find and keep clothes that make you feel great at once place, the more comfortable you'll be getting dressed every day because you know those brands are dependable and work great for you.

Number four: Decide your color palette once. This might not be for everybody just like all of these aren't for everybody, but you might find a lot of freedom in knowing what to wear if you limit yourself to certain colors. Some people have done this by getting their actual colors done. You might use Created Colorful or Color Guru or some other coloring service, but someone essentially tells you what colors you should and shouldn't wear that make you look the most like yourself. I got my colors done and really liked the process, and I do follow that guide about 70% of the time. But my card told me to not wear black, and under no circumstances am I listening to that. I wear black almost every single day, and I will not change that. But my color palette is black, white, any blue that's on my color card, with the occasional sprinkle of lavender, pink, and a particular gray green. Outside of that, I tend to not wear any other colors. Now is this a fixed rule for me? Not really. I don't Decide Once about my color palette as specifically as I do my silhouettes, uniforms, and stores. Those are quite set. But it's still a great option to help you always know what to wear. You wear these colors. Done.

Number five: Decide your starting point once. When you're putting an outfit together, it might be really helpful to choose the same starting point. It could be a piece of clothing. You always start with the shoes. Or you always start with the bottoms, with the pants or skirt or whatever. Or it could be that you always start with your comfort or your mood or your fill in the blank. But I do like having a set starting point every day. Mine without realizing it is pants. I always start with pants. I wear pants almost exclusively except for overalls which I count as pants, but I don't do skirts or dresses hardly ever. I honestly can't remember the last time I wore a skirt. I don't know if I even own a skirt. But when I am deciding what to wear, I start with the pants I want to wear that day. Then I build.

The other weekend, I was making friendship bracelets with some women who are in the Lazy Genius membership community called The Neighborhood, and I stood over the table of beads and was a little overwhelmed at where I wanted to start. A lovely human named Jessi said, "Pick your must-have color. Start there. Then you can build. Don't start from the entire color story at once." That's exactly what I did, and it totally worked. I think the same thing is true of outfits. When you don't know what to wear on a consistent basis, Decide Once where you'll start. It helps eliminate other possibilities and the overwhelm so quickly.

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Number six: Decide your accessory choices once. I know I said that you only have to choose one of these and not all seven, but so far, I pretty much use all of these. I think that's why I always - well, almost always because I'm a human and not a machine - know what to wear. For this one, my accessories are decided. I wear glasses, I wear either a nude lipstick or a red lipstick which is honestly a new Decide Once for me that I'm loving, I wear my Spiedel watch in whatever color I'm feeling (I mentioned that watch in the most recent What's Saving My Life episode), and I wear Windblown Jewelry. Those are my accessories. Oh, and if you include shoes in accessories which I'm not sure they are but whatever, I mostly wear Oxfords and Vans. Almost exclusively. And for bags I wear only ABLE bags. So many places of I've decided once with accessories. So even if it's a single lip color or necklace or purse or ring or blush or whatever, having that pop you can depend on definitely makes it easier to know what to wear.

And finally number seven: Decide how you want to feel once. I did a few style episodes a year or two ago, and that was one of the things we talked about a lot - style words. How do you want to feel when you're figuring out what to wear? For some of you, you don't want to decide this once. You feel different ways different days, and that's preferred! Keep going in that, please. For me, I have decided this one time, and I want to feel cool in whatever I'm wearing every day. Now, it's my own definition of cool for me, but if I don't feel cool, I'm not wearing the outfit. So that is a great way I always know what to wear. I only have clothes that are cool by nature or can be made cool by being paired with something cooler. It's a whole alchemy in my closet. But that singular choice has made it so that I always know what to wear. I always want to feel cool, and cool I shall be.

So those are the seven ways to always know what to wear. Decide once anywhere you can, but I think some great places to do that are with your silhouette (that's actually the sneaky superstar in this list), uniforms, the store or brand you shop from, a color palette, what you start an outfit with, accessory choices, and then your style words or how you want to feel. If you slowly begin to make decisions in even one of these areas, you will find it easier to know what to wear. Over time as you get more comfortable with that choice and add one or two more, you might even have a little fun doing it. And that's 7 ways to always know what to wear.

Before we go, let's celebrate the Lazy Genius of the Week! This week it's Laura Holmes! Laura emailed hello@thelazygeniuscollective.com which you can do as well and put LG of the Week in the subject line. Laura writes this: I have three littles & especially with my active 2 year old son, I

do a ton of laundry. And a lot of times I end up folding laundry and noticed that there's clothes that have been dried without being treated for stains, or I forgot about a shirt or two. My LG hack: I started putting stained clothes in a lingerie/garment bag (target sells a big one for like \$4!) that way I can find all the stained clothes to make sure the stains got out before I throw them in the dryer, and don't miss anything that may need another treatment!"

Love this idea, Laura. There are so many layers to laundry, and stained clothes is yet another one. It can be frustrating to get to the end of the laundry process and realize that the clothes you thought were clean aren't quite as clean as you expected because of the forgotten stains. This idea of putting the stained clothes in their place, right - that's a Lazy Genius principle - put everything in its place - saves that frustration and possibly some clothes in the process. Love this idea, Laura, and congratulations on being the Lazy Genius of the Week!

Thanks so much for listening, everybody, and until next time, be a genius about the things that matter and lazy about the things that don't. I'm Kendra, and I'll see you next week!