The One-Drawer Checklist

An hour, one drawer, three questions, and a repair pile.

The hour

Empty one drawer onto the bed. Not the wardrobe, not the room. One drawer.
Wipe the inside. You will be surprised how much of the decision was dust.

Three questions, one at a time

Does this fit the life I have now, or the one I had?
Have I worn it in the last twelve months? If no, and it is not for a funeral or a wedding, it goes.
If it needs mending, is it in the repair pile or is it in the bin? Be honest, not aspirational.

What goes back

Only what you would be pleased to wear tomorrow.
Three outfits for the coming week, chosen once, so the morning has one less decision in it.

Conscious living note, One Drawer One Season.