

162: Evolve Your Style

10 Point Checklist

Lauren Friedman

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.



HOSTED BY **STEPHAN SPENCER**



"Defining yourself from the inside out can have a powerful impact on how you see yourself and how the rest of the world sees you."

LAUREN FRIEDMAN

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Have a key wardrobe of at least 5 basic pieces of clothing that fit me perfectly such as suits/dresses, shoes, trousers etc. and start my way from there.
- Add some spark and uplevel my look by accessorizing. Mix and match and see what goes well together.
- Wear my best colors. Pay attention to how I feel about it and how it resonates with others.
- De-clutter my closet. Toss the ones that I haven't worn for quite some time and keep the items that fit and can be matched with the other pieces in my wardrobe.
- Organize my closet. Use matching hangers and arrange things by type and color.
- Strive to show up in the most authentic version of myself every day. Honor my inner voice when it comes to fashion.
- Be open to different fashion styles but stay true to myself. Accept the fact that I cannot please everybody.
- Be intentional about the clothes I choose to wear. Care enough with my brand and vision by exhibiting respect on how I dress myself.
- Avoid decision fatigue. Get help from a trusted friend or better yet, hire a stylist.
- Grab a copy of Lauren's books [50 Ways to Wear Accessories](#) and [50 Ways to Wear a Scarf](#).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/evolve-your-style-with-fashion-expert-lauren-friedman/>