



*be authentic & uncover your remarkable self*

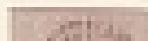
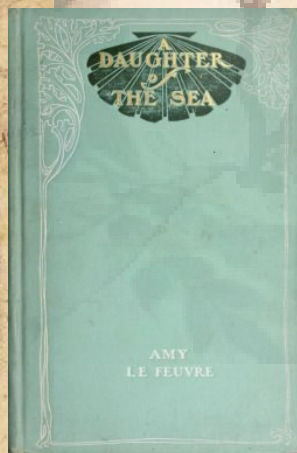
# WARDROBE

P L A N N E R

tina givens



Issue  
Nº 1



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 Our Authentic Self

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## HOW TO USE THIS PLANNER

This planner & journal has been designed for you to reflect, refresh and build a capsule wardrobe project list. I share my design process with you and hope it brings as much joy and awareness to you as it has for me.

**WORK THROUGH EACH EXERCISE TO DEFINE PERSONAL CONCEPT, STYLE AND THE LOOKS TO CREATE FOR YOUR WARDROBE.**

I'd suggest flipping through the planner just to get a gist of what you're in for.

There is a suggested schedule for this process outlined on page 26.

Note, this can take longer according to your busy schedule, however make sure to commit to building this capsule collection. Just for You!

## FOR THIS PROCESS, PLEASE REVIEW THE BASIC SUPPLIES OF THE SEWING ROOM:

## SEWING Room BASICS

*Including but not limited to:*

Fabric Scissors • Paper Scissors • Sewing Machine • Thread • Dissolving fabric pen or chalk • Sewing Pins • Pattern Paper or any paper • Pencil • Ruler • Measuring tape • Seam ripper • Hand-sewing needle •

**IF USING DIGITAL DOWNLOAD SEWING PATTERNS:  
 PRINTER + PRINTER PAPER + TAPE +**

Any fabric or other notions such as buttons, zipper (zip), elastic or similar will be specified in the sewing pattern you choose to use....



*\*While this complementary wardrobe planner is quite concise and a complete guide for your creative process we also offer an in-depth workshop called BUILD YOUR WARDROBE: Capsule Collection Series. The workshop includes a more comprehensive combined workbook and journal. Visit BUILDYOURCOLLECTION.COM for more information. In the meantime, this planner is a great start into a guided thought process.*



## *Welcome*

Welcome to our first ever Build Your Wardrobe Planning Guide. We invite you to use this simple process offering inspiration ideas and to provoke your creative thought process. Here we will guide you through a series of exercises to build a capsule collection for yourself.

Bringing your authentic self is vital to properly define our own style. We are each remarkable as we are, and our authenticity is the one thing that makes us unique. Your identity and uniqueness are your authentic self. You have heard the expression “Being true to yourself”? This encapsulates the entire momentum of why we create for ourselves. Creating our own garments allows us to inject our creative personal inspiration into each piece. We dress as we wish to, not as we are expected to.

Discover a new way to create with a defined purpose. By harnessing your ideas, filtering them into a plan you will pin down style, concept, color and the actual garments. As sewists we are independent by choice, imaginative in mind and spirit and have an innate need to create.

*You are in control of what you wear and how you wear it!*

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*If you are new to sewing, and you're here, are you ready to create magic for yourself? If you are a seasoned sewist we hope to encourage a new perspective through your authentic self and bring it into your wardrobe.*

*Our authenticity is the one thing  
that makes us unique.*

I believe being true to ourselves and truly being authentic easily translates into our personal style. Furthermore, being a maker we select pieces, fabrics and jewelry that we gravitate towards as second nature. We are each drawn to certain colors shapes and styles reflecting our taste and represent who we are at our core.

How do we do this?

It is simple a matter of looking into our lives ask yourself “Do you fit into your world because of expectations? And are those choices true to you?” That inner reflection may be intimidating and I am not going to take you down a path of psychological bias. I encourage you instead to spend a moment pondering about who you are and what is happening in your world to bring you here by looking inward, you will discover your authentic self. Look inward and you will discover your authentic self. Let’s be specific to this process and first ask ourselves what clothes do you wish to wear? This is a start to creating an authentic wardrobe. Forget about what you wear today, what would you prefer to wear? This is a vital start because that is where we want to go!

*Facing our fears, validating from within and not seeking it from someone else, making time for ourselves and expressing who we are as a remarkable genuine person! This brings happiness, peace and direction.*

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*You are beautiful!*



(367)

and Lemon peill and bates there small  
y<sup>e</sup> fill y<sup>e</sup> pye and bake it moderately

To Season an egey pye



Take one boile and shear y<sup>m</sup> small  
w<sup>th</sup> a pound of ... and season it w<sup>th</sup>  
Gunnemen, nutmeg and Suggar and some  
Salt and a gill of Cream and 2 or 3 Spoon

# LET'S BEGIN...

## PART I

Some ... and a  
pound of ... Some ...  
range peill and ... small  
and half a pound of ... and mix all  
together and fill ... when it is

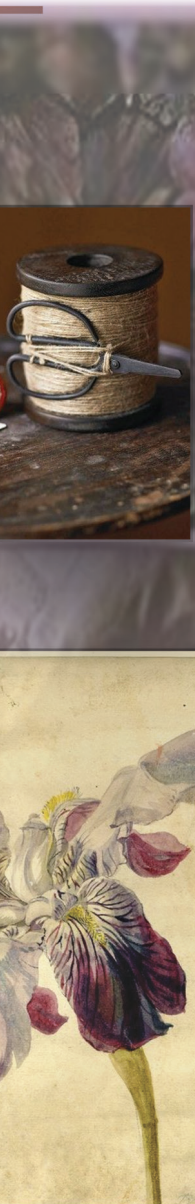


baked pul ... of bitter and  
y<sup>e</sup> Juice of ...

To ...

Take and pour 2 pour of Calves feet  
and take out y<sup>e</sup> bones and minch y<sup>e</sup>  
meat small and Season it w<sup>th</sup> a little





# CONCEPT

Creating the concept for your capsule wardrobe begins with identifying the personality and character of this collection. As our authentic self this exercise will identify personality and the character of where we want our wardrobe to be. Our wardrobe is an expression of ourselves and while we, as humans, grow and change we may wish to refresh what we'd like to say! Look at the list below, and select all that resonate with you.

- + DRAMATIC\_\_\_
- + MODERN\_\_\_
- + ROMANTIC\_\_\_
- + VINTAGE\_\_\_
- + ELEGANT\_\_\_
- + CREATIVE\_\_\_
- + SOPHISTICATED\_\_\_
- + GIRLY\_\_\_
- + FLIRTY\_\_\_
- + CITY/EDGY\_\_\_
- + FEMININE\_\_\_
- + BOYISH\_\_\_
- + YOUTHFUL\_\_\_
- + PRAIRIE GIRL\_\_\_
- + MASCULINE\_\_\_
- + FRESH\_\_\_
- + ERA\_\_\_
- + PRACTICAL\_\_\_
- + LAGENLOOK\_\_\_
- + PREPPY\_\_\_
- + ATHLETIC
- + BOHEMIAN
- + PROFESSIONAL
- + LAYERED EDGY

So now reflect on your selections and create a quick statement:

An example: I WISH TO BUILD A LOOK THAT IS FLIRTY, FEMININE AND BOHEMIAN.

Your Statement:

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So this is your concept for the capsule collection you are about to build. Let's start with a few simple ideas to achieve this look, they are listed below. *Check all that apply.*

- |  |                |
|--|----------------|
| 1 Changing the fabric I wear: ___                  | And: _____     |
| 2 Add prints/solids to my wardrobe:___             | _____          |
| 3 Choosing specific styles to<br>achieve this: ___ | _____<br>_____ |
| 4 Introduce a new color palette___                 | _____          |
| 5 Adding statement pieces___                       | _____          |
| 6 Adding basic pieces___                           | _____          |
| 7 Introducing new looks___                         | _____          |
| 8 Finding new inspiration___                       | _____          |
| 9 Changing the fabric I wear___                    | _____          |





# M O O D B O A R D

Creating a mood board creates a visual for us to explore. I highly recommend Pinterest, or you may select sewing patterns you love, fabrics and color. Create a new board called BTW 1. And if this is your second round, BYW2 and so forth. Go through your already pinned imagery and re-pin, only related imagery based on your concept statement and lifestyle - onto your new board. Take your time and have fun with this exercise. The pins should primarily be garments or outfits, and styles within your concept; you can also add unrelated textures + colors you love for this collection.

## *Review*

Wonder through your mood board. Look at similarities in the imagery? Are there common colors, styles, textures, prints? What are you gravitating to?

*Check all that apply:*

1960s charm, girly girl dresses:\_\_\_

Layered and ruffled:\_\_\_

Eclectic vintage:\_\_\_

Sharp, casual and unique:\_\_\_

Elegant, minimalist:\_\_\_

Baby Doll and bright, tutus and Mary-janes:\_\_\_

Long, lean and sophisticated:\_\_\_

Modern Simple:\_\_\_

Flirty Bohemian:\_\_\_

Preppy with an edge:\_\_\_

Fantastic and over the top:\_\_\_

Boyish suspenders, skirts to the knee and mens oxfords:\_\_\_

Feminine and minimalist in color and shape:\_\_\_

Professionalism with quirk:\_\_\_

Relaxed Minimalist: \_\_\_

Dressy and Romantic:\_\_\_

Classic and timeless:\_\_\_

City girl with an edge:\_\_\_

Ruffled Linen drama:\_\_\_

Professionalism with spunk:\_\_\_

8 Layered fabrics and textures:\_\_\_

Or

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Now take another look, and check off actual garments in your selections:

DRESSES \_\_\_

SLIP DRESSES \_\_\_

SKIRTS \_\_\_

PANTS \_\_\_

JACKETS \_\_\_

COATS \_\_\_

JUMPERS \_\_\_

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# COLOR

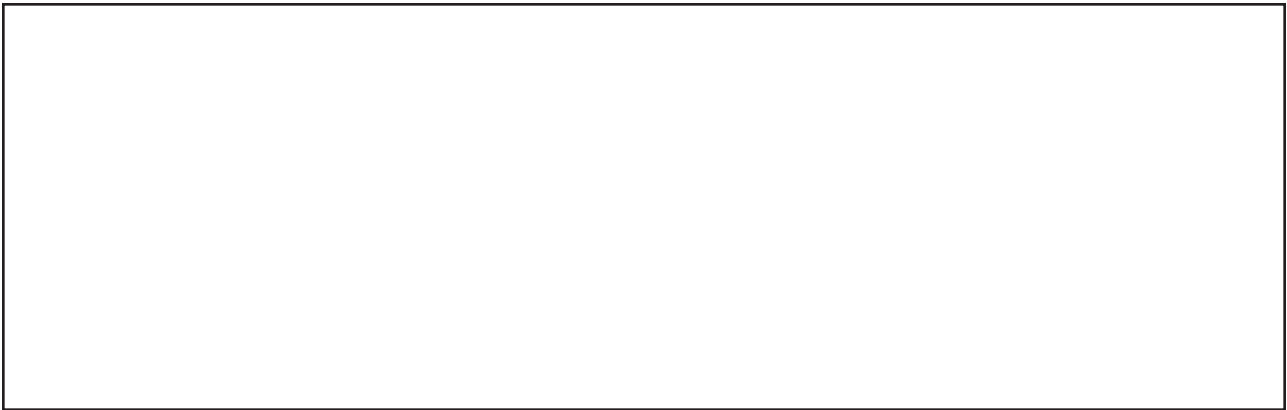
Review color on your mood board. Define the color palette for your capsule. Remember to coincide with your skin tone and hair color. In color, do you wish to glow, offer up intense color, a soft range of hues and undertones, are you iridescent, metallic, vintagey or love just a hint of color?

Create a color palette or scheme for this wardrobe collection. Stick to what you gravitate to and then review the colors and tone you've chosen. Now, for fun add one more color, texture or print into the mix. Organize your colors into the three following groups.

## Neutrals



## Basics



## Statement Color(s)



# PRINTS

Some of us do not wear many prints and some only wear prints. If you are going to mix a range of prints into your wardrobe you need to remember one thing, SCALE. Whether within each category or across the categories of Geometrics, Florals or Other (maybe a tweed, stripe, plaid etc), the scale of the prints must differ. They should vary between small, medium and large; the scales should be relative to each other. Also keep in mind the color choices you have made. TIP: if you have a primary print, your support prints should carry one or more of the colors within the primary. Also, you can add a completely different color from the primary and they should absolutely contrast. Enjoy playing with this. Now visit your fabric shop and wonder through to find similar choices you have pinned down. This is going to be fun!

Geometric

Florals

Other

LET'S BEGIN WITH 6 COMPLETE OUTFITS. WITHIN EACH LOOK THERE IS A SIMPLE FORMULA. FOR EXAMPLE, A SKIRT + SHIRT + JACKET.

So in review of your Mood Board and actual garment types, start playing with a basic outfit to start. Then proceed to the second, third and so forth, making each one as simple as the first or more elaborate as you proceed. It is amazing how a pattern forms and you will begin to see some of the outfits include similar garments, this is fine!

Now review your sewing pattern collection and look for similar looks that you could use in your capsule collection. Or visit your favorite sewing pattern shops and find similar looks in your sketches.

Note: Your looks should blend together in color palette, style and fabric choices. You may use one pattern in a few of the ensembles, such as a pair of pants, but maybe in a different fabric. Have fun!

## PART II

USE THE NEXT PROJECT PAGES TO DESIGN YOUR LOOKS. THIS WILL INCLUDE SPECIFIC GARMENTS, FABRIC(S) AND NECESSARY NOTIONS. REVISIT YOUR MOOD BOARDS FOR THIS EXERCISE.

YOU CAN PRINT AS MANY OF THESE PAGES AS YOU NEED.



# # 1

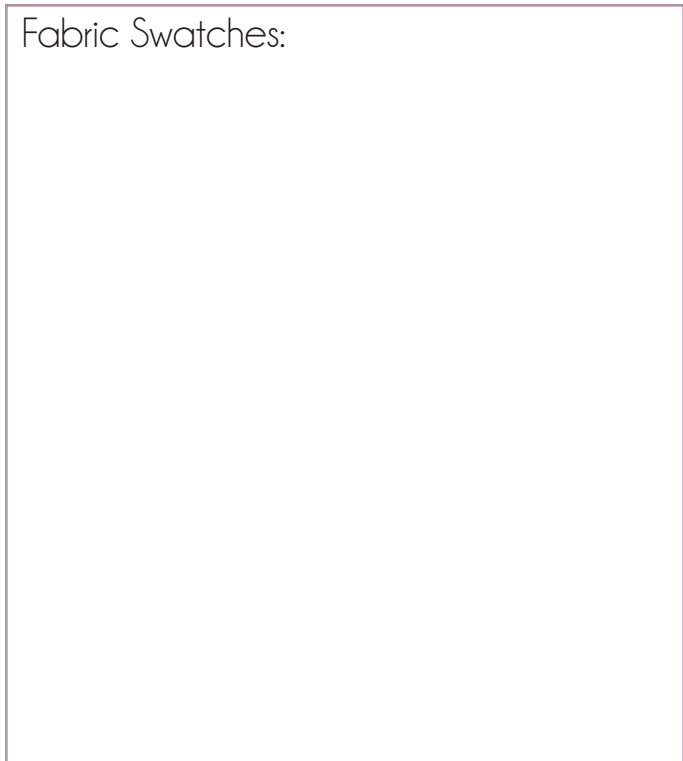
NAME:

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Image or Sketch:



Fabric Swatches:



#1

Ensemble Pieces:

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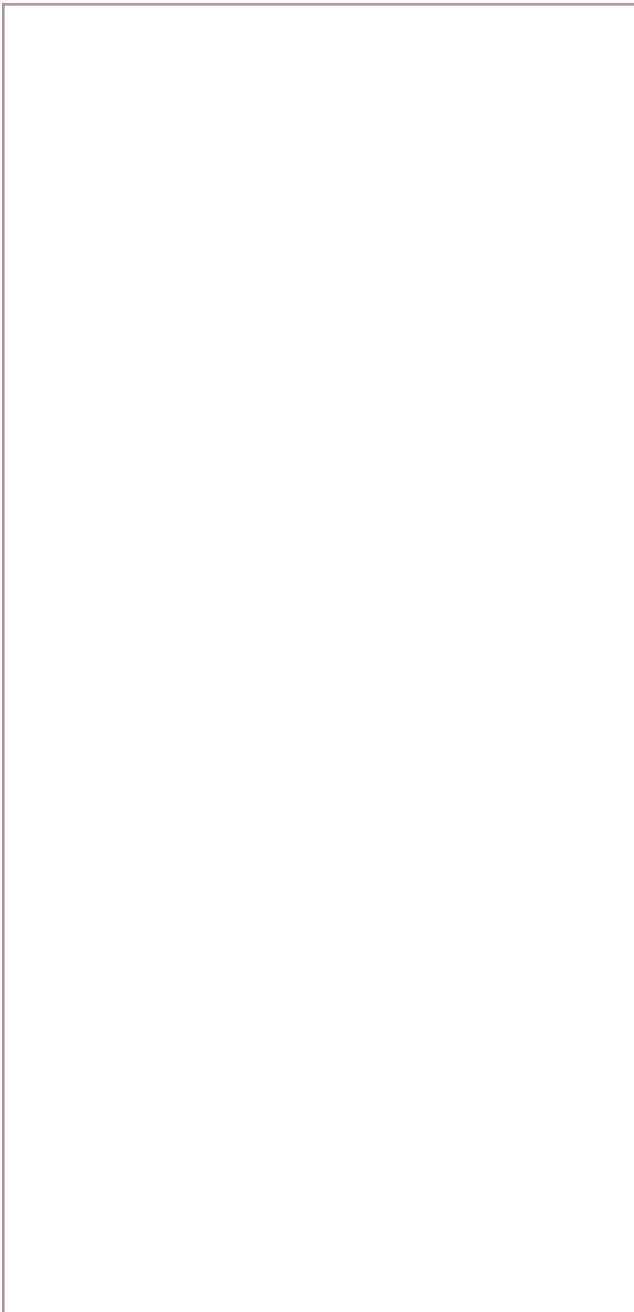
In creating your outfits don't forget to add accessories  
and shoes.

# #2

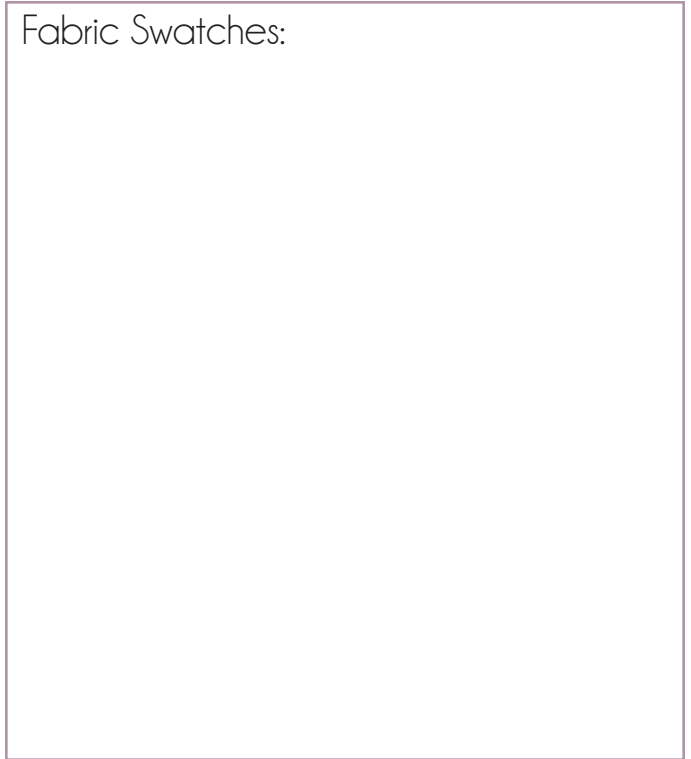
NAME:

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Image or Sketch:



Fabric Swatches:



#2

Ensemble Pieces:

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In creating your outfits don't forget to add accessories

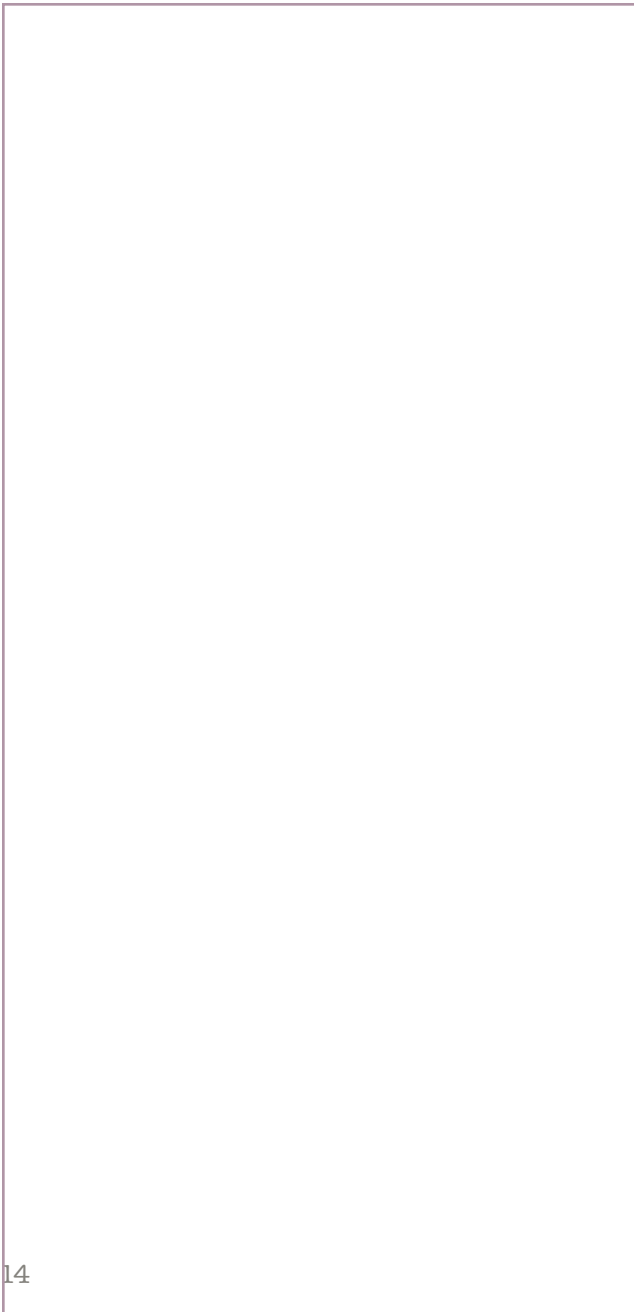
and shoes.

# #3

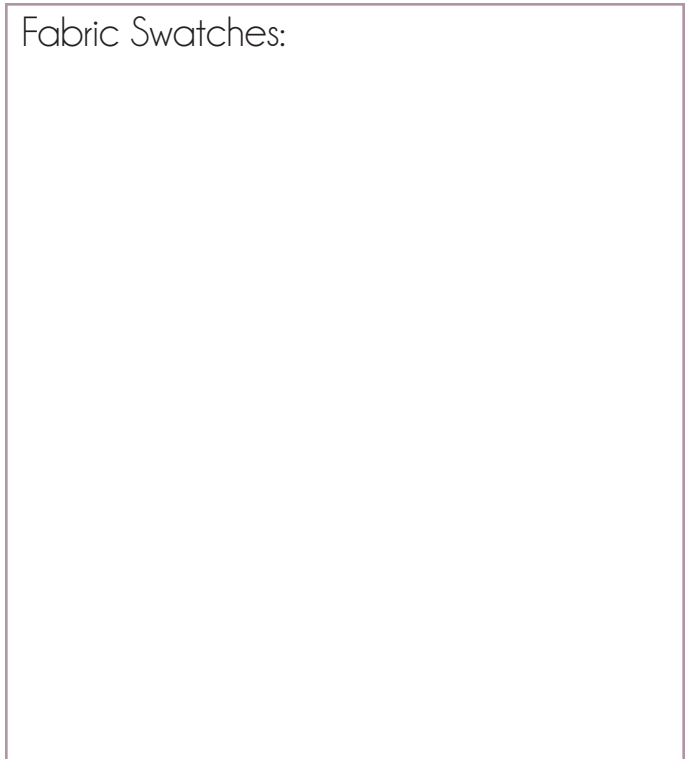
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Image or Sketch:



Fabric Swatches:



#3

Ensemble Pieces:

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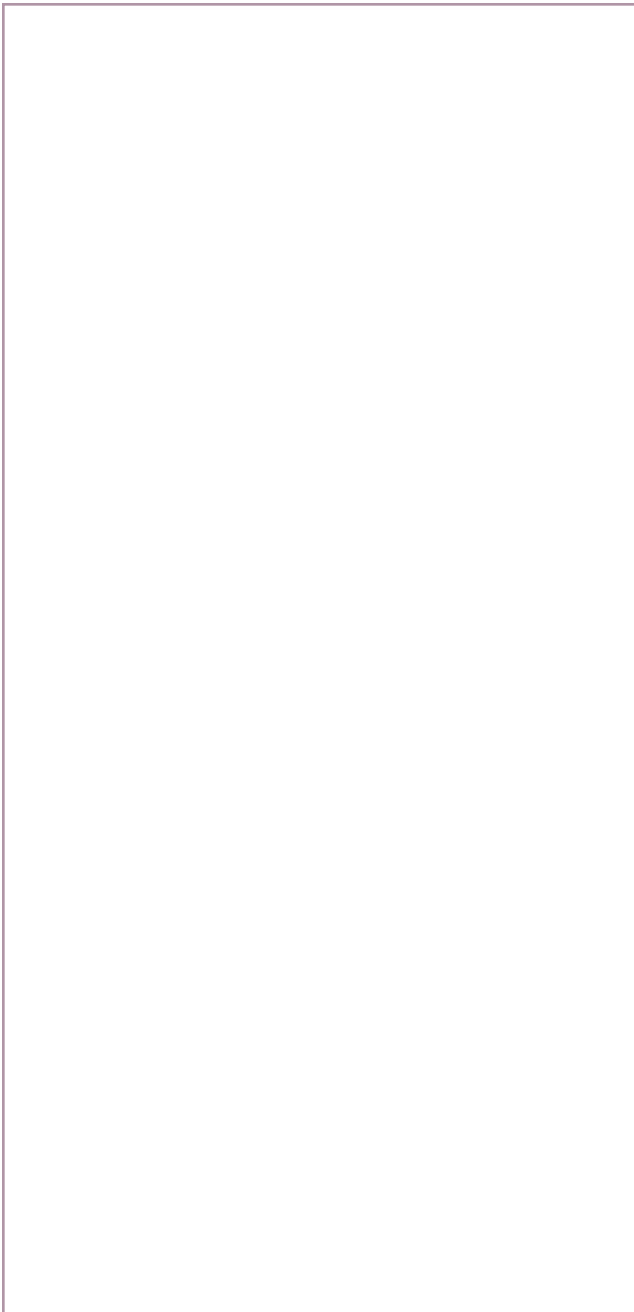
In creating your outfits don't forget to add accessories  
and shoes.

# #4

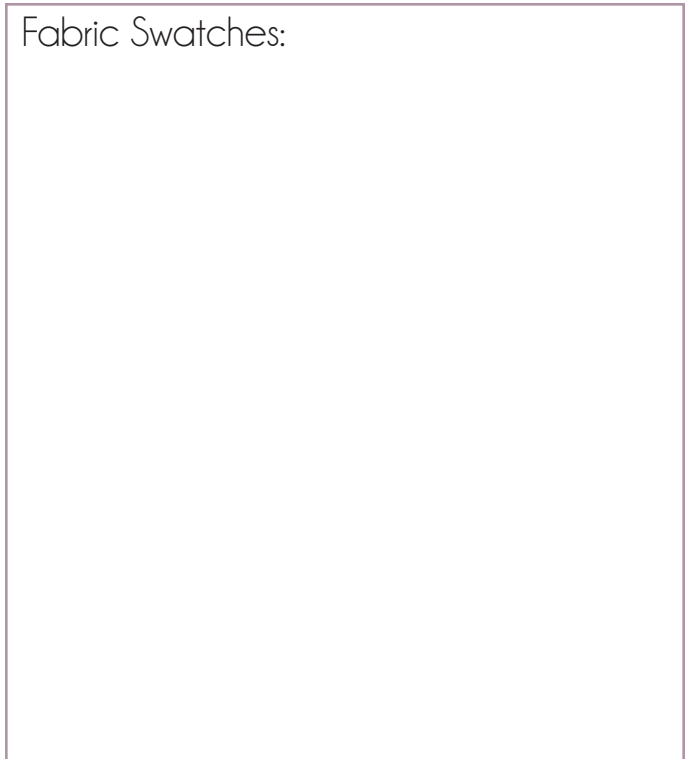
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Image or Sketch:



Fabric Swatches:



#2

Ensemble Pieces:

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In creating your outfits don't forget to add accessories

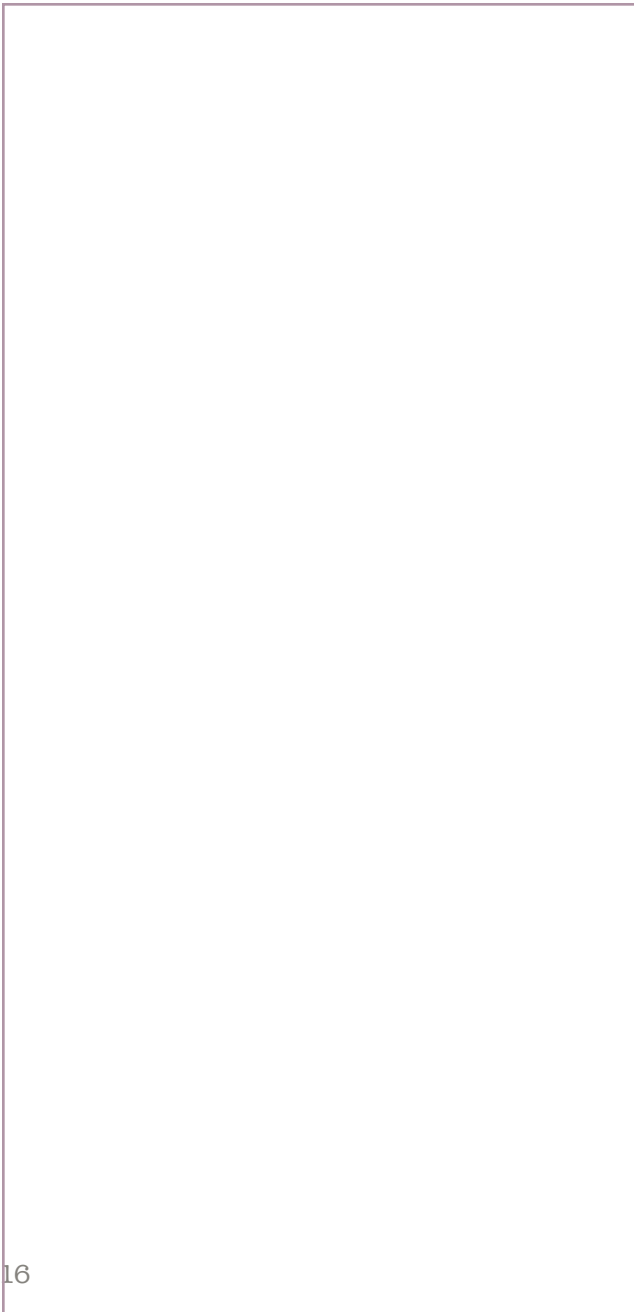
and shoes.

# #5

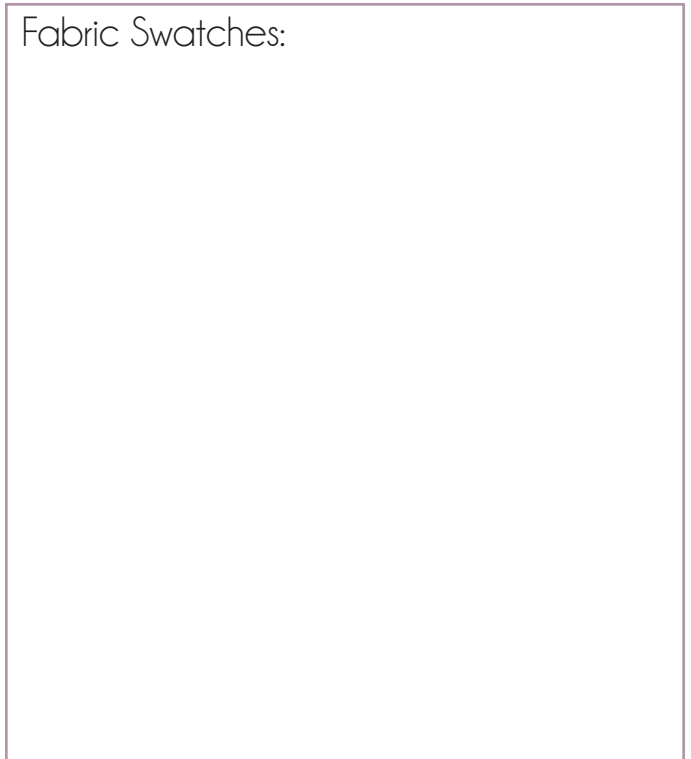
NAME:

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Image or Sketch:



Fabric Swatches:



#4

Ensemble Pieces:

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In creating your outfits don't forget to add accessories  
and shoes.

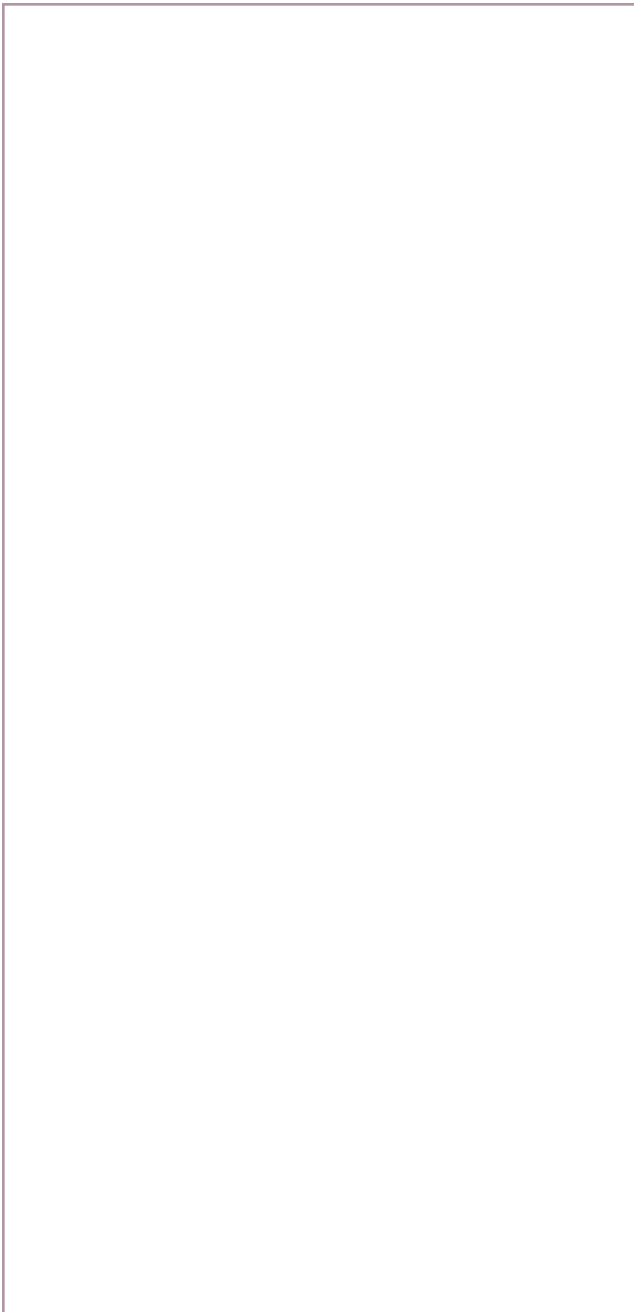


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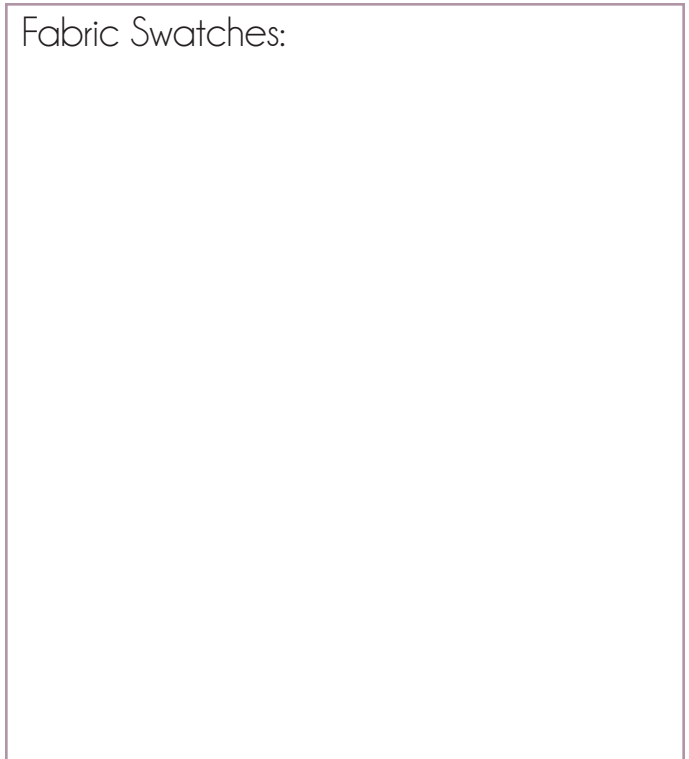
NAME:

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Image or Sketch:



Fabric Swatches:



#4

Ensemble Pieces:

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In creating your outfits don't forget to add accessories

and shoes.



# The Garments

Now that you've determined what you're creating, the next section breaks these 'looks' down into specific garments. Find the associated patterns you will use in these looks.

Use the following pages to pin down the specifics of each piece. This will help define all materials needed for a project including your sewing patterns.

Remember, when selecting a sewing pattern it may not be absolutely the look you're after. However, look at the most basic pieces of the pattern - shoulders, sleeves, maybe a tank. It doesn't matter what the shape is, we can adjust that quite easily to get exactly what you are after.

In the Workshop Series, Tina shares her pattern adaptation & design of your sewing patterns.

Now, select your favorite sewing patterns.

[www.sewtingivens.com](http://www.sewtingivens.com)

Note: If you prefer to use other sewing patterns to work into your process, please do.  
We encourage it.

**And if you have a WISH LIST please send us imagery and tell us what you like about the design. We can work with you to custom a pattern to work for you.**

GARMENT FOR LOOKS: (CIRCLE ONE)

1            2            3            4            5            6

# GARMENT

# \_\_\_\_\_

GARMENT DESCRIPTION:

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PATTERN NAME: \_\_\_\_\_

Size: \_\_\_\_\_

Materials:

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Notes on customizing or making changes to the pattern you have selected:

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Sewing Time:

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Sketch or Image:

Fabric(s) Swatch:

GARMENT FOR LOOKS: (CIRCLE ONE)

# GARMENT

1            2            3            4            5            6

# \_\_\_\_\_

GARMENT DESCRIPTION:

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PATTERN NAME: \_\_\_\_\_

Size: \_\_\_\_\_

Materials:

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Notes on customizing or changes to the pattern:

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Sketch or Image:

Fabric(s) Swatch:

GARMENT FOR LOOKS: (CIRCLE ONE)

# GARMENT

1            2            3            4            5            6

# \_\_\_\_\_

GARMENT DESCRIPTION:

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PATTERN NAME: \_\_\_\_\_

Size: \_\_\_\_\_

Materials:

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Notes on customizing or changes to the pattern:

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Sketch or Image:

Fabric(s) Swatch:

GARMENT FOR LOOKS: (CIRCLE ONE)

# GARMENT

1            2            3            4            5            6

# \_\_\_\_\_

GARMENT DESCRIPTION:

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PATTERN NAME: \_\_\_\_\_

Size: \_\_\_\_\_

Materials:

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Notes on customizing or changes to the pattern:

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Sketch or Image:

Fabric(s) Swatch:

GARMENT FOR LOOKS: (CIRCLE ONE)

# GARMENT

1            2            3            4            5            6

# \_\_\_\_\_

GARMENT DESCRIPTION:

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PATTERN NAME: \_\_\_\_\_

Size: \_\_\_\_\_

Materials:

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Notes on customizing or changes to the pattern:

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Sketch or Image:



Fabric(s) Swatch:



GARMENT FOR LOOKS: (CIRCLE ONE)

1            2            3            4            5            6

# GARMENT

# \_\_\_\_\_

GARMENT DESCRIPTION:

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PATTERN NAME: \_\_\_\_\_

Size: \_\_\_\_\_

Materials:

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Notes on customizing or changes to the pattern:

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Sketch or Image:

Fabric(s) Swatch:



# YOUR SHOPPING LIST & BUDGET

Here we get into the nitty gritty of the practical side of building a wardrobe. Be creative with your budget while sourcing and gathering the necessary materials. This is a simple matter of going back through your ensemble pages and list what you need to complete each garment. Begin sequentially from your ensemble #1.

*Depending on what garment you choose to make, you don't need to buy all of the items on your list at once. Only buy for what you are making right now.*

Garment #	Patterns	\$/Have	Fabric/ notions	Total
Example: #1	Abacorn Pattern	\$20	\$40	\$60

# PROJECT SCHEDULE

We have provided a calendar page for your use. Setting personal time aside for a project like this is a commitment. Use the calendar to set weekly goals throughout this process. Review the following suggested schedule to complete your new collection.

You can move faster or slower, take this at your own pace!

## **WEEK 1:**

Review your planner and get organized. Collect necessary materials such as this Planner (Download or purchase a Printed)\*

If you are printing it at home or at a copy shop (highly recommend in color); you will need a three ring binder, three hole punch. Usual tools like pens, pencils, tape or glue, and a pouch for your fabric samples. *If you are new to sewing, build your sewing space with the suggested items on page 2. If you are an advanced sewist take stock of what you might be missing in basic tools.*



- #1 Review page 4 and reflect on bringing your authentic self to the table. Inner reflection is good for the soul.
- #2 Proceed to creating your concept for your capsule collection, page 6.
- #3 Our lifestyle and time spent is vital in assessing where we'd like to start a capsule collection. Page 7.
- #4 Building a Mood Board, but this project will create a vision and design aesthetic.
- #5 Explore your mood board and translate this into a color palette, then define fabrics.
- #6 Take some time to reflect and look at your mood board. Could it use a few more ideas, or are you missing any vital components?

*Download the planner at [www.buildyourcollection.com](http://www.buildyourcollection.com)  
Order a Printed copy at [www.blurb.com](http://www.blurb.com)*

## **WEEK 2:**

- #7 Begin the process of sourcing materials and sewing patterns to achieve what your mood board is telling you. Remember to check your own fabric stash too. We are not shopping just yet.
- #8 Defining at least 6 'looks' for your collection. These 6 outfits will offer many more ensembles, but for now focus on just 6. Use the 'Ensemble' pages. Base these looks on your mood board and your findings.
- #9 Let's funnel this down one step further - For each 'look' create the GARMENT pages which will assist in defining each garment component. Review your fabric choices, and material needs. Repeat this for the next garment in that same 'look'. And continue through each 'look' page.
- #10 List the looks, 1 through 6. Begin with #1 and list garments, then onto #2 and so on. This list will guide your calendar. Get acquainted with each garment and sewing pattern to determine the time needed to create it.
- #11 Create a BUDGET for the collection. This does not have to all happen at one time, you will start with one garment and then the next so we can pace your spending according to your personal budget.

*Start by reviewing your fabric and material needs for each garment.*

*Begin with the first look, and list of garments needed.*

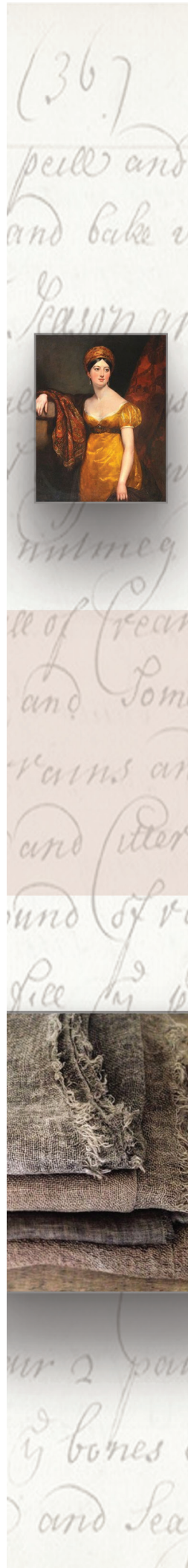
*What fabrics do you need, and budget accordingly:*

*You probably already have an idea of where to find these materials.*

- + **TIP IF YOU ARE USING THE SAME FABRIC FOR OTHER GARMENTS DOWN THE LINE YOU MAY WISH TO PURCHASE ADDITIONAL YARDAGE/METERS FOR THOSE GARMENT(S) AT THE SAME TIME.**

## **WEEK 3:**

- #12 Develop a Project Plan. Use the calendar pages we provided (print as many pages as you need). First begin with the weekly calendar, then onto the months for actual sewing schedules.
- #13 Review your list you created, as noted in step 10 above. Pencil each garment into your schedule, through 3 months. You can do this on your schedule!
- *If you are learning to sew, we suggest giving yourself about 12-14 hours for a garment. You will quicken your pace as you sew, develop and refine your skills.*



# SCHEDULE Design & Planning

	M	T	W	R	F	S <sub>a</sub>	S <sub>u</sub>
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# *Sewing* SCHEDULE

*Month 1*


*Month 2*


*Month 3*


*Month 4*


*Notes:*

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WARDROBE  
P L A N N E R  
tina givens

[www.buildyourcollection.com](http://www.buildyourcollection.com) • [www.sewtinagivens.com](http://www.sewtinagivens.com)

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