



A SIR TIDY FREE RESOURCE

THE WEEKEND CLOSET PLAN

Less searching.
More wearing.
A closet that works for you.



A simple weekend plan to understand what you own, make space for what you use and build a closet that's easier to live with.

Your closet doesn't need one perfect system.

It needs a system you can actually use.

01 BEFORE YOU EMPTY EVERYTHING

Start with the problem, not the solution.

Before you pull everything out, take five minutes and look at how you actually use your closet.

WHAT FRUSTRATES ME MOST?

- ☐ I can't see what I have
- ☐ I have too much for the available space
- ☐ Getting dressed takes too long
- ☐ Things never make it back to their place
- ☐ I wear the same things while others disappear
- ☐ My closet works - it just needs a reset

BY SUNDAY EVENING, I WANT MY CLOSET TO FEEL:

THE GOAL

You don't need my version of an organized closet. You need yours.

02 SATURDAY • LESS BEFORE MORE

Work one category at a time.

Start with one category: T-shirts, shirts, trousers, knitwear, dresses - whatever makes sense in your closet.

WEAR

I use it.

MAYBE

I'm genuinely unsure.

MOVE

Another place or season.

LET GO

It no longer belongs.

You don't have to become a minimalist to need less.

Skip rigid rules like “if you haven’t worn it in six months, let it go.” A special-occasion piece or seasonal item may still deserve its place.

A BETTER QUESTION

Does keeping this make sense for the life I actually live?

03 THE MAYBE PILE

Not sure? Good.

You don't have to force a decision. Ask:

- Would I choose this today?
- Does it fit comfortably now?
- Do I own something else that does the same job better?
- Am I keeping it for my real life - or an imagined one?
- Would I notice if it disappeared from my closet?

Still unsure? Keep it. Put the maybe pieces together and give yourself time.

Decluttering doesn't need to become a test of willpower.

WHY ONE CATEGORY AT A TIME?

Research on choice overload is nuanced: more options are not automatically worse. Decisions can become harder when the choice is complex, preferences are unclear or many comparisons are required. Breaking the closet into categories simply reduces the number of decisions you face at once.

LESS BEFORE MORE

Before buying boxes, dividers or new hangers, first see what remains. Organizers should solve a real problem - not create another layer of stuff.

04 SUNDAY • PUT IT BACK YOUR WAY

There isn't one right system.

Use the system that makes things easiest for you to find and return.

BY TYPE

Shirts together. Trousers together. Dresses together.

Useful if you usually think: "I need a shirt."

BY COLOUR

Light to dark - or whatever makes sense to you.

Useful if colour plays an important role when you choose what to wear.

BY USE

Work. Everyday. Sport. Going out.

Useful if you tend to dress according to what you're doing.

Or mix them.

Category first and colour within each category? Work clothes together, everything else by type? Try it. Your closet isn't a filing cabinet. It can use more than one logic.

05 FOLD, HANG OR STACK?

Let the space decide.

HANG

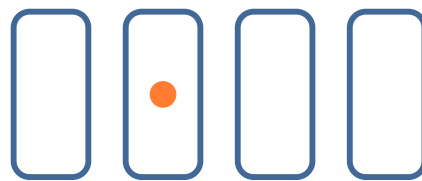
Useful for structured pieces, clothes that wrinkle easily and things you want immediately visible.

FOLD

Useful for knitwear and pieces that don't need hanging.

FOLD VERTICALLY

Especially useful in drawers when stacking hides what is underneath.

STACKED**VERTICAL****WHY VERTICAL?**

Vertical folding isn't better because it's vertical. It's better when it helps you see and reach what you own.

Before buying organizers, organize.

Use the closet first. Then ask whether a divider, container or different hanger would solve a real problem.

06 A CAPSULE WARDROBE?

Maybe. Maybe not.

A capsule wardrobe usually means intentionally using a smaller collection of versatile pieces that work well together.

For some people it can make getting dressed simpler and encourage more intentional consumption. Research specifically on capsule wardrobes is still limited, so I wouldn't present it as the answer for everyone.

Sir Tidy isn't here to count your clothes.

You might love fashion. You might love colour. You might own many shirts and genuinely use them.

THE BETTER QUESTION

Does what I own fit comfortably into the space and the life I have?

CURIOUS? TRY AN EXPERIMENT.

Choose 10-15 pieces you already enjoy wearing for a few days. Notice: Was choosing easier? Did you miss variety? What did you reach for repeatedly? What did you never choose?

No commitment. Just information.

07 BEFORE YOU CLOSE THE DOOR

Test the closet.

Open it. Choose an outfit. Take something out. Put it back.

- ☐ Can I see what I own?
- ☐ Can I reach what I use?
- ☐ Do I know where things go back?
- ☐ Does the amount I own fit the space I have?

If yes: you're done.

**The best closet system isn't the one that looks best on Sunday.
It's the one that's still easy to use on Thursday.**

Feels doable, but you'd rather not do it alone?

Sometimes knowing what to do is the easy part. If you'd like some company, guidance and a fresh perspective along the way, I'd be happy to help.

[FIND THE RIGHT SERVICE](#)

The thinking behind this guide

RESEARCH & PRACTICAL CONTEXT

This guide uses research on choice overload and emerging literature on capsule wardrobes as context. Practical techniques such as vertical folding and organizing by colour, type or use are presented as optional tools, not scientific rules.

RESEARCH

Chernev, A., Böckenholt, U., & Goodman, J. (2015). Choice overload: A conceptual review and meta-analysis. *Journal of Consumer Psychology*, 25(2), 333-358. doi:10.1016/j.jcps.2014.08.002

Bardey, A., Booth, M., Heger, G., & Larsson, J. (2022). Finding yourself in your wardrobe: An exploratory study of lived experiences with a capsule wardrobe. *International Journal of Market Research*, 64(1), 113-131. doi:10.1177/1470785321993743

A SIR TIDY PRINCIPLE

Use what helps. Skip what doesn't. A closet system should make everyday life easier, not turn your wardrobe into another set of rules.