



# women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

## Getting ready for events outside of Zoom?

It's been more than a year and a half, and now we have some networking and fun parties to go to. Oh, do I have an outfit for that? We've all had our Covid moments. Maybe you gained weight and are trying to lose those extra pounds. Maybe you organized a closet and tossed out things you no longer wear.

We thought this month we could inspire the Women, Wealth & Wellness community with thoughts of looking our best. When you feel good about yourself, there is a correlation to healthy behaviors... However, let's not take this too far when it comes to clothing. And for some of us in the group – shoes in particular! You know I have to connect the wealth piece into this, so here is a resource for how much to budget for your wardrobe. Spend some time reflecting on this.



<https://www.chatelaine.com/living/budgeting/how-much-should-you-spend-on-clothes/>



This month we have the perfect solution to help you spruce up your wardrobe... Meet **Wendy Rabin of Wrabyn Boutique!**

Wendy believes that personal style should be personal. In 2013, Wendy founded Wrabyn Boutique, a retail concept that seeks to build sustainable wardrobes for clients that transcend time and

trend. Her highly tailored and immersive approach to wardrobe styling empowers her clients to express self-confidence in every aspect of their lives.

When asked about her styling philosophy, she says "Buy the best garments that your budget allows and take good care of them. Tailor everything. Invest in quality accessories."

### **Reflection Questions:**

1. Spend some time thinking about your clothing budget. (I must admit with three teen daughters, I have my hands full here on this reflection question!)
2. What clothing pieces make sense for you to invest in this Fall that would pull things together and would make a difference to your looking good and projecting your best self?
3. Make a list of things you would like in the future and a plan to get there that makes sense for your future. Are there items you can pull from your closet or give to a friend?

Looking forward to hearing about your budget friendly wardrobe updates! ~ Elaine