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Julie Morgenstern's Tips to Liberate Your Closet



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Start with a clean slate today by following these tips:

- Transform your closet into a clean, organized and positive place that reflects your personality and provides motivation. This will translate to other aspects of your newfound commitment to health, giving you confidence and inspiring you to make better choices when it comes to weight loss.
- Keep your favorite confidence-boosting clothes that fit you front and center in your closet to help you feel your best and positive self. If you have any items that are in impeccable shape and you are confident you will fit in again one day store them by size and season. This will help you stay motivated as you begin your weight loss journey.
- View the extra space in your closet as an opportunity for you to add new clothes that make you feel great as you achieve each milestone on your path to weight loss and health.
- Now that you have more space, you can see what your wardrobe needs are and prioritize and purchase missing items. Think about investing in less expensive clothing until you reach your weight loss goals. Remember to reward yourself and celebrate small victories along the way. Wear clothes that make you feel and look your very best!
- Make your closet liberation a positive experience for others as well – find a charity where you can donate clothing for people in need. You can find a list on myhealthy.com.