

Fix The Frumpy Checklist

- Did you buy it more than 5 years ago?
- Is it detailed? Embellished? Adorned in any way?
- Is it patterned or solid? Neutral or colored?
- Is it skintight or overly fitted?
- Is it baggy or too flowy?
- Is it a tunic? A pair of jeggings or pull-on jeans? A stiff midi skirt?
- Is it printed and from an over-40 brand?
- Is it fleece, sherpa, or another cozy material and NOT loungewear?
- Is the neckline awkwardly high?
- Are the sleeves overly flowy, adding volume to the width of your frame?
- Was it trendy 5 or more years ago?
- Would you still buy it today? Could you still find it?
- Does it have a dated detail?
- Is it a cold shoulder?
- Is it a printed mididress without shape or structure?
- Is it patchwork printed?
- Does it have a high low hemline?
- Is it a flowy outer layer like a kimono or a flowy printed duster?
- Is it a capri pant and fitted around the calf?
- Does it have a peter pan or small lace collar?
- Does it look little girlish?

<input type="checkbox"/> Does it have a small floral print in a pastel color?	
<input type="checkbox"/> Does it have an asymmetric hemline?	
<input type="checkbox"/> Is it a two-piece set with a printed piece and a matching solid piece? Example, a printed dress with matching solid jacket.	
<input type="checkbox"/> Is it a pair of pants with an embellished hem or pocket?	
<input type="checkbox"/> Is it an item in an old-only category (i.e. tunic, capris, fitted twinsets)	

5 Easy Tweaks to Modernize Any Outfit

1. Tuck, tie or belt. A long or baggy shirt can be easily adjusted by tucking, tying, or belting it. Alternatively, add a cropped jacket on top to give it some structure and flattery.
2. Break up sets and pair them with neutrals. For example, instead of wearing that printed top with the matching bottoms, wear it with jeans.
3. Swap the statement jewelry for simple jewelry in your metal of choice.
4. Modernize your layering pieces. Use a long cardigan rather than a short snug one, or try a jacket.
5. Update your shoes. Keep them sleek, simple, and neutral. Skip very round toes and shapeless styles.