

This is why successful people wear only the same clothes

Fashion is always our obsession but why do successful people choose to wear only one outfit for all times and events?

Fashion is always an obsession for everyone because the fashion trend is constantly changing. The cultural obsession with changing the fashion trend is the artificial pursuit created by those who benefit from the fashion industry. While society is reeling from new fashion trends, some people create their own simple fashion style, which is the " **simple one-color wardrobe** ", related to Italy. Imagine just wearing 10-15 simplest suits for all times and events. In fact, those who support and follow this movement are very successful and famous people, including the world's leading politicians and entrepreneurs.



Many people who do not follow this simple fashion movement are skeptical, wondering why people intentionally choose to wear the same outfit every day, especially when finance is not a problem. Based on research and understanding of typical model individuals, it is finally given some very compelling reasons to explain why successful people prefer **simple fashion** styles and such a **color** .

If you've ever wondered why some successful people choose to wear the same clothes every day or consider adopting a style that only uses a more streamlined wardrobe for themselves, There are 8 compelling reasons for you:

1. Decide less



President Barack Obama

It is difficult to make a decision about the quality of decisions made by an individual after taking a long time to make a decision. For those who have to make important decisions every day, eliminating even one choice, such as choosing clothes to wear every morning, makes them more spirited and more productive. all day.

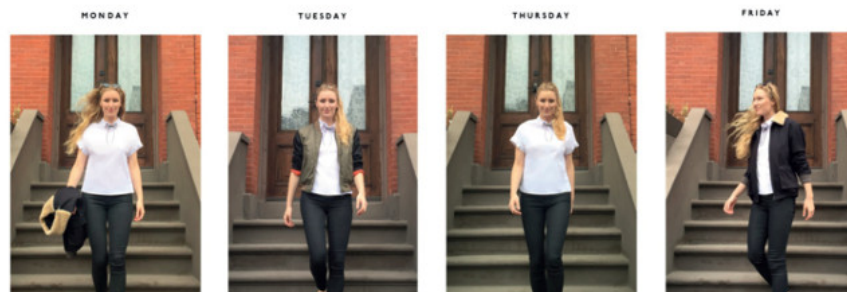
This is the basis when President Barack Obama applies to his daily dress selection. " *You will see me wearing only gray or blue clothes. I am trying to reduce my decisions. I do not want to make decisions about what I eat or wear. Because I have too many decisions. Other things to do,* "Mark Zuckerberg cited the same reason. No need to bother so much in the morning decision will help us make better decisions about what really matters.

2. Less waste of time



Project 333 - an individual who only wears 33 sets of clothes over a period of 3 months. Usually, we don't know how heavy the burdens are burdened until we start to remove them. However, when we remove them, we immediately discover new life free, relaxed and full of opportunities. Almost 5 years ago, for the first time, Project 333 was tested - an individual only wore 33 suits in a period of 3 months. This scheme is very simple but really changes lives and brings extremely benefits. One quickly discovers one of the biggest benefits of using a limited wardrobe: it's time. Getting ready in the morning has become easier, faster and more efficient.

3. Less stress



Matilda Kahl

Matilda Kahl, an art director in New York, said that the decision was difficult and having little time to prepare was also the reason for her to choose to wear the same clothes every day. Besides, Matilda Kahl added that: apart

from the above two reasons, another reason for choosing to wear the same suit every day is to help us be **less stressed** - especially, less stressed in the day when you have to make something in the morning. " *Is this too formal? The suit is not suitable for this place? Is this dress too short? Almost when I choose something to wear, I often regret it right after I step on the train. underground* ". But now, with the wear of white silk shirts and black pants every day, Matilda Kahl has little reason to worry her all day.

4. Less waste of energy



Christopher Nolan

Christopher Nolan produced a lot of critical and commercially successful films in the early 21st century. However, according to the New York Times, Christopher Nolan has long affirmed " *a waste. energy to choose new things to wear every day* ". Now, he only wears a dark, narrow flip-flop jacket outside a long blue shirt with black trousers that combine matching shoes every day.

Christopher says there is an important difference when it comes to " *wasting energy* . " This not only requires a large wardrobe but also must make more decisions when choosing clothes to wear every day, more must also preserve more, arrange more, organize more and There is a lot of disturbance around. While a simple wardrobe is very effective for laundry and storage.

5. Feeling synchronized



Denaye Barahona

Denaye Barahona is a young mother in Dallas, Texas. In the spring of this year, Denaye Barahona changed her cluttered and messy wardrobe into a small wardrobe with the flexible clothes she liked to wear. She explained the change and the difference between the two styles, *"My full wardrobe is like a cheese factory menu. It's really time-consuming and overloaded. When using the wardrobe A large-size shirt with a multitude of clothes, most of my dress choices are not very suitable, look not okay, or I simply don't like it. On the other hand, when changing to a small wardrobe only With a few clothes, it's really like a great restaurant, I have fewer choices, but I can be sure all the choices will be great. feel better "*.

Easy, flexible and always in sync . This is a sure word that gives us the opportunity to apply simple fashion styles and add a compelling reason for the simple one-color fashion movement to continue to grow.

6. Symbolic



Alice Gregory

Alice Gregory is a writer living in New York City. Last year, her article for J. Crew created a "new word" about the reason for wearing uniforms. She called it "iconic (Iconic). *This style of uniform is an economical and easy way to feel famous*". She went on to say, "A uniform can be a way of performing maturity, a little mass, impersonation. Moreover, it shows calmness to match with age, as well as a late past. *Italy is revised and improved.*"

Alice points out that wearing the same outfit is a way to assert you as a main character. "This is why characters in comics never change their clothes: Children - just like adults, acknowledge and continue to maintain that. Applying a habit of wearing one The uniform is not non-stylish - this statement is no longer appropriate."

7. Less cost



An outfit is to buy all clothes and shoes, but we rarely wear them. Households in the United States spend an average of about 1700 dollars a year on clothing. Meanwhile, this may seem like a lot - until realizing that most of the clothes bought are not on demand. In 1930, an average American woman owned 9 costumes. Currently, that number increases to 30 - a different set a day within a month.

Living with a simple wardrobe or choosing an iconic uniform will eliminate most of the waste and the cost of buying the clothes we buy and buying the wrong clothes, that's not to mention the waste of time to buy accessories attached.

8. Peaceful



Drew Barrymore

Last month, Drew Barrymore wrote an article about her new life related to clothing: " *As a beginner, I was nearly 40 years old and the clothes of my twenties didn't exist. What is the meaning, and after having two children, my thirty-year-old clothes no longer fit me, I am at the 'clothing crossroads' and it is a very miserable time .* " To counter those feelings, Drew put himself in a limited closet mode and only bought clothes when he thought it over. Months later, her wardrobe became " *healthy and happy* ". The choice of everyday wear is no longer a battle for her and the fashion style is now " *calm and more peaceful* ".

When most people are " *drowning* " in society with hundreds of thousands of issues to consider, choosing a fashion style to dress every day is a difficult affair. There are many people seeking freedom, liberation, lifesaver and new solutions, it is no surprise that simple wardrobe style fashion style one continues to grow strongly. Those who have chosen the minimalist principles in choosing clothes find that they are more productive, less stressed, not distracted, cost less and more peaceful.

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