



British Heart Foundation

Spring clear out or keep?

Did you wear it last year?

Yes

No

Try it on.
How do you feel?

Not sure

Does it fit?

Great!

Did you recently spruce up your wardrobe for the new season?

Yes
(Feeling smug)

No,
but it might someday

Is it torn, broken or stained?

No

Yes

Yes

Are you lying? → Yes

No

Can you fix it now?

Yes

Is this item one of your top 20?

No

No

Yes

Will you wear it in 2019?

No

Did you do it?

No

Yes

Yes

How would you feel if you saw a stranger wearing it?



Recycle it



Keep it

Furious!

Flattered

