

# THE TRY-ON UNIFORM SHOPPING KIT

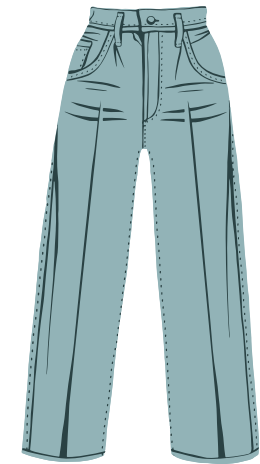
STOP DRESSING ROOM DELUSION BEFORE IT STARTS.

## THE FIVE TRY-ON UNIFORM RULES

1

### Wear Your Most-Worn Pants

Not your favorite “special” pants. Your real-life, three-times-a-week pants.



2

### Wear Your Throw-On Shoes

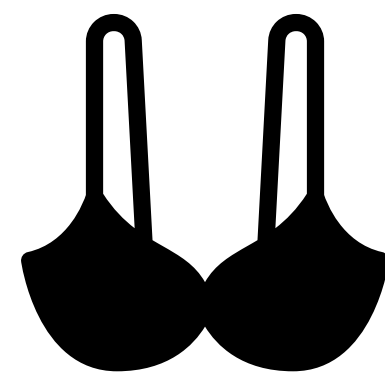
The ones you actually wear for errands, pickup, appointments, and normal life. Not the shoes that only work in the dressing room or in a cute mirror selfie.



3

### Wear The Correct Bra

If the new item only works with a bra you do not own, that item just got more expensive.



4

### Wear Your Baseline Top

Your white tee, fitted tank, black sweater, blue button-down, or whatever shows up most often in your saved outfits.



5

### Check Your Outfit Data Before You Buy

Before you take something home, ask:

- Do I already own something like this?
- Do I actually wear things like this?
- What will I pair this with at home?
- Do I want this item, or do I want the way it looked on someone else?

## BUILD YOUR REAL TRY-ON UNIFORM

*Use saved outfits, not memory.*

**Look at your saved outfits, Collections, or outfit photos. Find what repeats.**

### MY TRY ON UNIFORM:

**My most-worn pants:**

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**My default everyday shoes:**

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**My baseline top:**

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**My real-life layer (jacket, cardigan, blazer):**

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**My everyday bag:**

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**My usual jewelry or finishing pieces:**

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### WHAT MY SAVED OUTFITS PROVE I ACTUALLY WEAR

**The item that repeats most often:**

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**The shoes I wear most often:**

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**The colors I actually reach for:**

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**The silhouettes I repeat:**

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**The pieces I keep buying but rarely wear:**

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**The category I need to stop duplicating:**

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### QUICK REALITY CHECK

**When I shop, I usually dress like my real life.**

**YES / NO**

**I usually try things on with the shoes I actually wear.**

**YES / NO**

**I already know what top I wear most often.**

**YES / NO**

**I tend to buy versions of items I already own.**

**YES / NO**

**I rely on memory instead of actual outfit evidence.**

**YES / NO**

**I am sometimes influenced by how something looked on an influencer more than by whether it fits my real wardrobe.**

**YES / NO**

### NAME YOUR UNIFORM

**My Try-On Uniform is:**

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*Example: "Black ankle jeans, white tee, tan flats, gold hoops, denim jacket"*

# FITTING ROOM DECISION SHEET

*Use this before you buy.*

**Item I am trying on:**

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**Store / brand:**

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**Price:**

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## DOES IT WORK WITH MY REAL LIFE?

*Check all that are true.*

- It works with my actual everyday shoes
- It works with the bra I already own
- It works with my most-worn pants or bottoms
- It works with my baseline top
- It works with my real coat, bag, or layer
- I can picture myself wearing it on a normal Tuesday
- I can style it with at least 3 things I already own
- It fills a real gap in my wardrobe
- It is not a duplicate of something I already own
- It matches the life I am living right now

## RED FLAG CHECK

*If you check any of these, slow down.*

- It only looks good with store styling
- It only looks good in store lighting
- It only looks good styled like an influencer post
- I like the styling more than the actual item
- I want the whole look, but I am only buying one piece of it
- It only works with shoes I never wear
- It needs a different bra, bag, or layer I do not own
- It is similar to items I already ignore
- I like the idea of it more than the reality of it
- I am buying for a fantasy version of my life
- I cannot think of when I will actually wear it

## THE AMC TEST

Take a side-by-side photo or compare it to your saved outfits.  
Compare these two options:

**Option A:**

New item styled with my real-life defaults

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**Option B:**

New item styled in a more aspirational, store-perfect, or influencer-inspired way

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**Which one wins?**

**A/B**

**Should I post this as a poll in Adjust My Crown?**

**YES / NO**

**What did the comparison prove?**

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## FINAL VERDICT

**Circle one.**

**HECK YES**

It works with my real life, my real wardrobe, and my real habits.

**NOT YET**

I need to compare it in a poll or check my saved outfits first.

**LEAVE IT THERE**

Cute in theory. Bad in my actual closet.

## DO I ALREADY OWN THIS?

*The duplicate trap tracker.*

**Use this page when something feels familiar. Because it probably is.**

**ITEM I WANT TO BUY**

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**WHAT IT LOOKS LIKE IN MY CLOSET ALREADY**

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**HAVE I WORN THE SIMILAR ONE RECENTLY?**

YES / NO

**DOES IT SHOW UP IN SAVED OUTFITS?**

YES / NO

BUY / WAIT / NO

## PATTERN SPOTTING

**I keep buying versions of:**

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**But I actually wear:**

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**The item type I repeat in saved outfits is:**

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**The item type I buy because it looks good online, but forget about in real life, is:**

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**The smartest thing I could shop for instead is:**

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## WHAT TO DO TONIGHT

- 1. Open your saved outfits or Collections.**
- 2. Find the 3 pieces that repeat most often.**
- 3. Write them down.**
- 4. That is your Try-On Uniform.**
- 5. Save a Collection called: Try-On Uniform**
- 6. Next time you shop, wear those pieces.**
- 7. In the fitting room, compare every new item against your real-life defaults.**

## MY TOP 3 REPEAT PIECES

1.

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2.

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3.

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## MY SHOPPING RULE FROM NOW ON

**I will not buy an item unless it works with:**

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## BEFORE I CHECK OUT, I WILL ASK:

- Does this work with what I already wear on repeat?
- Does this help me build more outfits, or just add more clutter?
- Am I buying this because it is useful, because the mirror is lying to me, or because an influencer made it look effortless?

## REMEMBER THIS

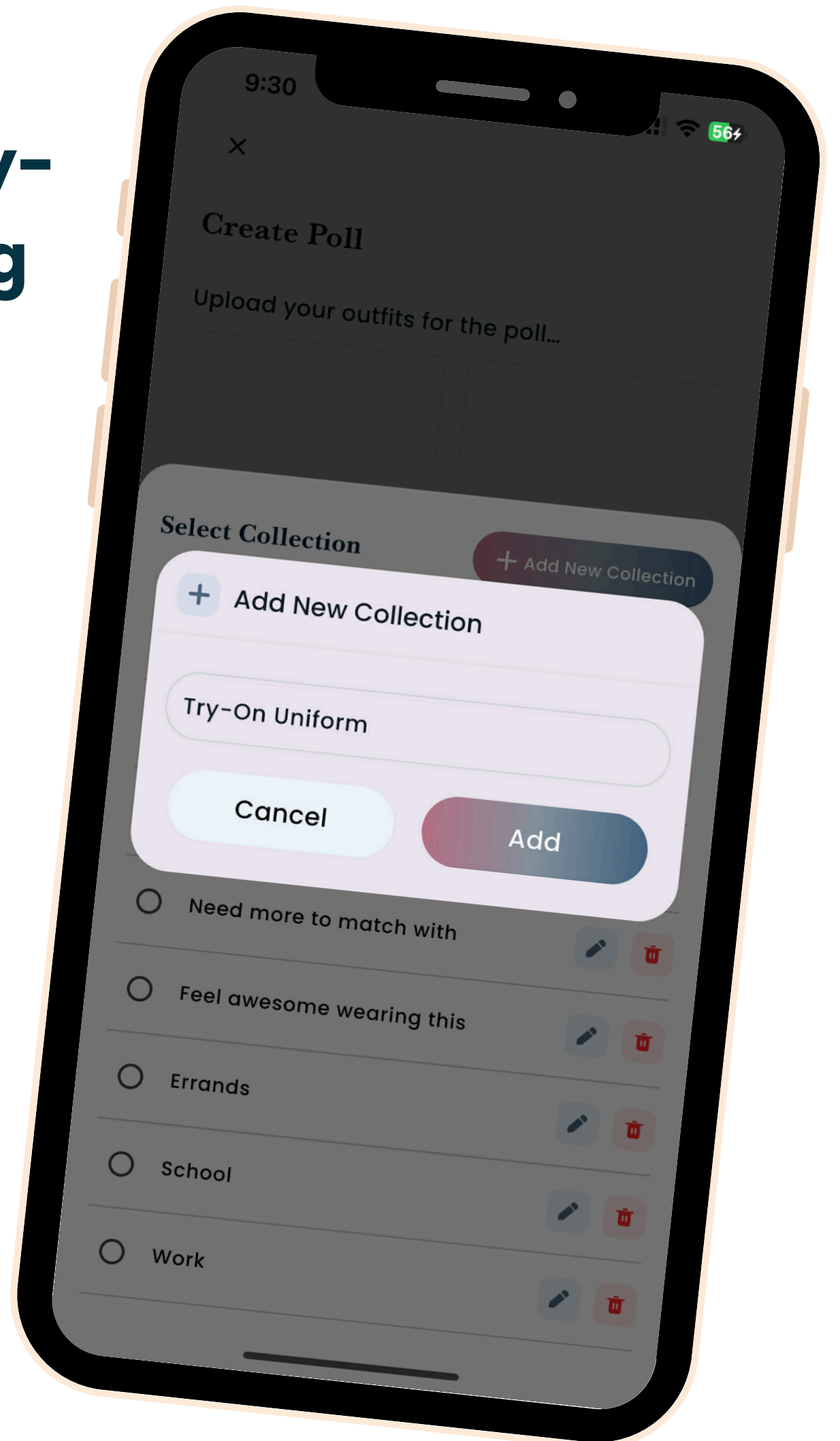
- The dressing room mirror can lie.
- Store styling can lie.
- Influencer styling can definitely lie.
- Your outfit data usually does not.

***The more outfits you save, compare, and repeat, the easier it gets to shop with clarity.***

## USE ADJUST MY CROWN TO:

- Compare two options side by side
- Post a poll when you are unsure
- Save winning outfits
- Build Collections that show what you really wear
- Stop buying clothes that only work in the dressing room or only look good on someone else online

**Create a Collection called “Try-On Uniform” and start building your evidence.**



**Download the free wardrobe app, Adjust My Crown, to compare outfits privately and save your winners.**

GOOGLE PLAY STORE LINK



APPLE APP STORE LINK

