

Many people make new year's resolutions to control what goes in their bodies, but *ET*'s fashion stylist Anya Sarre has some suggestions to help you work on what goes on your body.

Anya's 2009 Fashion Resolutions:

- Take inventory of what you have in your closet. "Everyone thinks their closet is so bad and you have nothing," Anya explains. "It's not that bad, you have pieces in there you can use. Now is the time, in this economy, to reinvent, recycle and reuse." Anya suggests that if you're a fashion nerd like her, you can even create a photo album of everything in your closet and outfits that go together. "I even made one of these for my husband," Anya admits, "but I was banned from bringing it and showing it to you!"

Rachael suggests that if you take inventory and decide to get rid of some outfits, you could hold a mini "yard sale" among your friends, charging only a couple of dollars per item. Then, donate that money to your favorite charity. Rachael does that with the clothes she wears on the show -- [click here to see the wardrobe sale that benefits Yum-o!](#)

- Shop smarter. "We've come to a place where it's actually OK to be a bargain bragger," Anya says. "It's almost like a game we're playing -- who can have the best outfit by spending the least amount of money." But before you tackle the overwhelming number of sales and discounts stores have to offer, Anya advises using her "Are You Sure" alert: "First, walk away," she says. "You think you want it, you're all excited -- walk away for a little bit. Go upstairs, go outside, even sleep on it if it's a big-ticket item. If you have to have it, you'll know."

"Second," Anya continues, "ask yourself -- would I pay full price? If this was double or even triple the price, would I like it as much?" Anya says that if you're buying something solely because it's on sale, chance are you'll end up with a closet full of clothes that you'll never wear.

- Empty your purse before putting it in your closet. Anya says if you do not remember to clean out your bags before you put them back in the closet, the next time you go to grab it, you could be walking around with two pounds of paper clips, pennies and assorted junk. "You will thank me later," she says.

- Pick a key accessory and make it your own. "Take a cue from cartoon characters," Anya advises. "Marge Simpson, same necklace. Wilma Flintstone, white pearls." Anya says her big ring never leaves her finger, and that finding your own accessory doesn't have to be a costly affair. "There's Target, Forever 21, H&M -- you can get your signature accessory for under \$20. You wear it every day, it's *your* signature."

And when it comes to accessories, Anya says the right mix and match can extend the life on your wardrobe. "You can get away with wearing the same dress a couple times in a week," she says. "You just switch up the accessories and no one will know."

Rachael and Anya then talk about the upcoming inauguration, and what the fashionable Michelle Obama might be donning. "The whole world will be watching what she is going to wear," Anya says. "Every single designer would love to dress her -- she wears the clothes so well." Anya says that she's spoken to a lot of designers, and the overall prediction is a one-shoulder gown. As far as a color, Anya says she would expect something regal from her, like a purple or a winning red. "There has never been this much attention on one dress!" she says.