



*In a world that rarely slows...*

# Sewing gives your soul *a space to breathe.*



*Your thoughts begin to settle and many things start to become clearer.  
Creative ideas flourish. The process of crafting feels delightful & deeply satisfying.*

*But this is only true when:*

- You're focused — you know what you're working on.*
- Clutter isn't fighting you — everything is within arm's reach.*
- The process flows — each step & piece comes together seamlessly*

*But when those are not in place, it's hard to begin.*

## *When I think about sewing lately, I feel...*

Excited

Inspired

Motivated

Like I miss it

Overwhelmed

Guilty

Frustrated

Stuck

How would you like sewing to feel?

---

---

---





### *Where am I at with my projects right now?*

- I have a clear project I'm working on
- I have a lot of ideas, but I'm not making progress
- I buy a lot of supplies, but struggle to begin
- I'm not really sewing at all

What draws me to a project?

---

---

---

---

### *When I start a project...*

- I usually see it through to the end
- I lose momentum part way through
- I start a lot of projects but rarely finish
- I tend to bounce between projects

What tends to interrupt my progress?

---

---

---

---

### *When I look at my sewing space...*

- I'm drawn to it — it feels ready to use
- It works, but the space feels disorganised
- I have to move clutter to find space to sew
- I tend to avoid it...

What would make this space easier to use?

---

---

---

---



### *When I sit down to sew...*

- The process feels smooth and enjoyable
- I have some enjoyment, but my progress is slow
- I often get frustrated by mistakes or confusion
- I struggle to progress because of low confidence

Where do I tend to get stuck or frustrated?

---

---

---

---



### *I first got into sewing because...*

What did I enjoy about it then?

---

---

---

### *Sewing isn't just about making things. For me it's also about...*

- |  |  |
|--|--|
| <input type="checkbox"/> Relaxing and recharging         | <input type="checkbox"/> Building skill and confidence   |
| <input type="checkbox"/> Processing grief and loss       | <input type="checkbox"/> Connecting with others          |
| <input type="checkbox"/> Creating something with meaning | <input type="checkbox"/> Blessing others and giving back |
| <input type="checkbox"/> Feeding my creativity           | <input type="checkbox"/> Using my resources wisely       |

Sewing is important to me because...

---

---

---



## My favourite sewing moment is...

---

---

---

---

## How many projects do I have half-finished?

If I'm begin honest, I have between...

1-3 projects

11-20 projects

4-10 projects

More than 20 projects

Stay tuned for Day 2, where we have a look at your unfinished projects, and make some decisions on how to move them forward...

Hi I'm Ali

I'm an Australian sewist and pattern designer with a love for family and creativity.

I'm on a mission to help you streamline your sewing workflow, craft a sewing sanctuary and experience the delight of stress-free sewing.

[ali@arabesque-scissors.com](mailto:ali@arabesque-scissors.com)

