


*Sewing*

# Sanctuary Reset

## Mini Challenge

Hi lovely! Welcome to Day 3 of Sewflow — where we reset your sewing workspace to ensure you have a neat and organised place to begin sewing.

After you're finished, you'll be right ready for the project we'll begin tomorrow.



### Step 1

#### Set a Timer



Set a timer for **15 minutes** and give this reset task your full attention.

### Step 2

#### Clear One Working Surface

At a table or desk you usually work at, remove anything not needed for your next sewing session, and tidy what's left.

- Remove anything that's not related to sewing from this space
- Fold and stack loose fabric and put to one side
- Place unfinished projects into a box, and put to one side
- Collect any loose tools lying on this surface and place them in a container or basket

**Result:** You have a clear surface to work on.

### Step 3

#### Get your Machine Ready to Sew

This step is about removing the mental block that comes from not having your machine setup...

- Get your machine out, and take the cover off
- Plug it in (use an extension cord if needed)
- Set up a comfortable chair
- Add extra lighting if needed

**Result:** Your machine is ready to sew tomorrow.

## Step 4

### Gather Essential Tools

Collect the tools you regularly use and place these into a small container or basket next to your workstation.

- Scissors
- Small ruler
- Seam ripper
- Fabric marking pen
- Pins or clips
- Iron & Pressing station

**Result:** All your tools are where you need them, you can begin without wasting time and losing focus.

**Stop the clock!**

## Preparing the Cargo Bay

### Getting setup to sew together tomorrow

- Follow the Shopping List for the Cargo Bay (**Pg 3**) and gather the supplies.
- Choose fabric for the exterior and lining
- Locate batting/foam and interfacing
- Choose a matching button, elastic or ribbon
- Choose thread to coordinate with your fabric

**Result:** You've removed all decisions and supplies hunting that take time and effort. Tomorrow, you can sit down and start sewing straight away!

## Finish Line

Your space is ready when:

- You have a clear working surface
- Your tools are in one place
- Your sewing machine is set up and ready
- Your supplies are ready to sew the Cargo Bay tomorrow

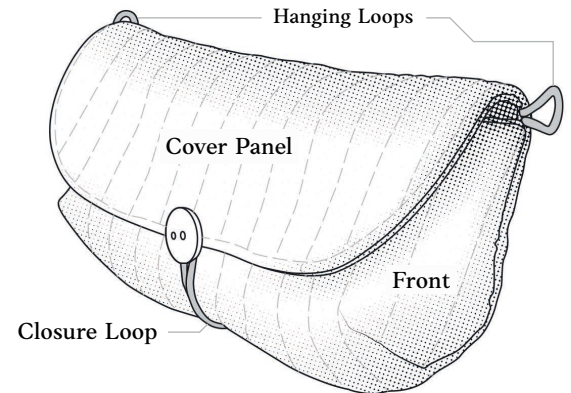


### Time to celebrate!

If you've completed this challenge, *congratulations!*  
Take a moment to enjoy the satisfaction of being ready to sew!  
I look forward to sewing the Cargo Bay with you tomorrow!

*Ali x*

# The Cargo Bay Shopping List



## 001 Materials & Supplies

### FABRIC & INTERFACING

<input type="checkbox"/> Fabric 1	Exterior	Fat 1/8
<input type="checkbox"/> Fabric 2	Lining	Fat 1/8
<input type="checkbox"/> Interfacing	Medium weight woven fusible (e.g. Pellon SF101)	25" x 10"
<input type="checkbox"/> Fleece	Fusible fleece (e.g. Pellon 987F)	20" x 10"

### NOTIONS & LITTLE BITS

<input type="checkbox"/> 2mm round elastic	9" (23cm) long
<input type="checkbox"/> [1] Button	3/8" (10mm) wide

### ALSO HELPFUL

<input type="checkbox"/> Pins	<input type="checkbox"/> Fabric safe pen
<input type="checkbox"/> Binding clips	<input type="checkbox"/> Stiletto
<input type="checkbox"/> Basting spray	

## Getting Organised

I recommend putting all these supplies into a project box, including the tools you'll need.

This will mean you can begin sewing quickly and easily at your next sewing session.

*Ali x*



## 002 Find Your Supplies

Visit the link across to find many of my recommended tools and materials online.

**Ali's Recommended Supplies**  
[bit.ly/recommended-supplies](https://bit.ly/recommended-supplies)

