



In a world that rarely slows...

Sewing gives your soul *a space to breathe.*



But clutter and a backlog of projects can slowly steal that joy.

Completing this exercise will help you move your sewing forward again with clarity and direction.

i Hint: There are no right or wrong answers here — tick as many as feel true for you.

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

Relaxing and recharging

Building skill and confidence

Processing grief and loss

Connecting with others

Creating something with meaning

Blessing others and giving back

Feeding my creativity

Using my resources wisely

Sewing is important to me because...



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

How did I start sewing? What did I enjoy about it then?



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

<input type="checkbox"/> Excited	<input type="checkbox"/> Inspired	<input type="checkbox"/> Motivated	<input type="checkbox"/> Like I miss it
<input type="checkbox"/> Overwhelmed	<input type="checkbox"/> Guilty	<input type="checkbox"/> Frustrated	<input type="checkbox"/> Stuck

How would I like sewing to feel?

Other

04 *What would my ideal sewing life look like if nothing was holding me back?*

If I had no limits on time, resources, and confidence.

What is stopping me enjoying sewing?

<input type="checkbox"/> Not enough fabric or supplies	<input type="checkbox"/> Mistakes & low confidence	<input type="checkbox"/> Clutter and mess
<input type="checkbox"/> The busyness of life	<input type="checkbox"/> Something else	



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

- I'm drawn to it — it feels relaxing and functional
- It works, but the space feels disorganised
- I have to move clutter to find space to sew
- I tend to avoid it because the mess is so bad

What would make this space easier to use?



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

- The process feels smooth and enjoyable
- It's not always smooth, but I find it enjoyable
- 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?

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

- I have a clear project I'm working on
- I'm progressing some projects, but have UFOs
- I have a lot of ideas, but I'm not making progress
- I love to buy fabric, but struggle to start projects
- I'm not really sewing at all

What draws me to start a project?



08 *When I start a project...*

- I usually see it through to the end
- I can lose confidence part way through
- The busyness of life hinders my progress
- I abandon projects for shiny new ones

What would make it easier to finish projects?

09 *How many projects do I have half-finished?*

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

- 0-3 projects
- 4-10 projects
- 11-20 projects
- More than 20 projects

Stay tuned for Day 2, where we have a look at your unfinished projects, and start the process to move them along.



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.

Share Your Feedback

Click the link below to share your thoughts with me, I'd love to hear if this has helped you!

bit.ly/sf-day1-feedback

