QUILTING AS SELF-CARE



When starting a new project, what interests you the most? What's fulfilling?
Do you find yourself getting frustrated at the same point in every project? What can you do to overcome this?
What parts of quilting feel meditative or natural to you?
what parts of quilting feel meditative or natural to you?
What parts of quilting feel meditative or natural to you?
What parts of quilting feel meditative or natural to you?
In what ways can you be more intentional about using quilting as a self-care practice in your daily life?
In what ways can you be more intentional about using quilting as a self-care
In what ways can you be more intentional about using quilting as a self-care
In what ways can you be more intentional about using quilting as a self-care