



Part 1: Setting an Intention

Before you begin sewing today, take a moment to pause and set an intention.
What would you like to experience during this quilting session?

- | | |
|--------------------------------|-------------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Connection |
| <input type="checkbox"/> Focus | <input type="checkbox"/> Confidence |
| <input type="checkbox"/> Joy | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Play | |

What project will you be working on today?

What do you need to set the tone?

- ☐ A clear workspace
- ☐ A warm beverage
- ☐ Music or silence
- ☐ Natural light
- ☐ A timer (15–30 minutes)
- ☐ Other:

Take three slow breaths. Notice how you feel. Then begin.



Part 2: Mindful Quilting Practice

What did you notice about the fabric or your stitching today?

Did you catch yourself rushing or distracted? What helped you return to the moment?

Did anything surprise you? Any small joys or frustrations?

What part of the process felt most grounding or enjoyable?



Part 3: Reflection

How did this mindful quilting session make you feel?

- | | |
|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Relaxed | <input type="checkbox"/> Peaceful |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Curious |
| <input type="checkbox"/> Energized | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Inspired | |

What did you learn about your quilting process—or yourself?

Would you try mindful quilting again? What might you do differently next time?

Finish the sentence: “When I slowed down, I noticed...”