



(Check all that apply.)
When I think about quilting, I get excited about:

- Picking fabrics
- Choosing patterns
- Cutting and prepping
- Piecing blocks
- Quilting (by hand or machine)
- Binding
- Teaching or sharing with others
- Learning new techniques
- Finishing projects
- Starting new projects
- Organizing my sewing space
- Quilting with friends or guilds
- Gifting or donating quilts
- Photographing or showing off my work
- Other:

WHAT BRINGS ME QUILTING JOY?



A GUIDED WORKSHEET

What was the last quilting moment that made you smile?

Empty dashed-line box for writing the answer to the first question.

Which part of the process do you look forward to the most? Why?

Empty dashed-line box for writing the answer to the second question.

What kinds of projects make you feel relaxed, playful, or inspired?

Empty dashed-line box for writing the answer to the third question.

If you could quilt for one hour with no pressure or agenda, what would you work on?

Empty dashed-line box for writing the answer to the fourth question.

WHAT BRINGS ME QUILTING JOY?



A GUIDED WORKSHEET

What's one joyful thing you can do in the next week?

Large empty dashed box for writing the answer to the first question.

How will you make space for more joy in your quilting?

Large empty dashed box for writing the answer to the second question.