



Rate your confidence in the following areas (1 = not confident yet, 5 = totally confident):

Skill	1	2	3	4	5
Choosing fabrics & colors	<input type="checkbox"/>				
Cutting accurately	<input type="checkbox"/>				
Piecing techniques (e.g., half-square triangles)	<input type="checkbox"/>				
Quilt math & pattern reading	<input type="checkbox"/>				
Quilting (walking foot, free motion, etc.)	<input type="checkbox"/>				
Binding	<input type="checkbox"/>				
Finishing projects	<input type="checkbox"/>				
Designing your own quilts	<input type="checkbox"/>				
Sharing your work with others	<input type="checkbox"/>				



Which three areas do you feel strongest in?

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

Which three areas do you want to improve?

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

Describe a moment when you felt proud of something you made:

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

What's one quilting risk you'd like to take this month?
(e.g., trying a new technique, using bold colors, entering a show)

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



Choose one area of growth and break it into 3 small steps:

Example: Improve piecing accuracy

1. Watch a tutorial on precise cutting
2. Practice quarter-inch seams with scrap fabric
3. Make a small sampler quilt

A large, empty rectangular area with a dashed border, intended for the user to write their own area of growth and the three steps to improve it.