

QUILTING GRATITUDE



LOOK BACK

List three quilting experiences from this past year that brought you satisfaction or joy:

What project taught you the most about patience or perseverance?

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APPRECIATE THE JOURNEY

Who or what supported your creativity this year?

Name one skill, habit, or mindset you've developed through quilting that you're proud of.

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ACKNOWLEDGE CHALLENGES

What challenged you this year, and what did it teach you?

A large, empty rectangular area with a dashed black border, intended for writing a response to the question above.

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LOOK FORWARD

What quilting goals or intentions do you want to carry into the future?

How can you show gratitude through your quilting practice?