

## QUILTING TRADITIONS



## FLOURISHING

What traditions matter most to you in your quilting practice?  
Write down habits, rituals, or seasonal rhythms that bring you comfort  
or connection.

Which quilting traditions have been passed down to you?

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## FLOURISHING

What traditions do you hope to create or continue?  
Is there something you want to bring into your family or quilting community?

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

Write down the steps to take to start one of these new traditions.

A large, empty rectangular area with a dashed black border, intended for writing the steps to start a new tradition.