



SEW  
FOR

YOUR

LIFE

*SEWIST'S JOURNAL*



*[sewforyourlife.com](http://sewforyourlife.com)*





# SEW FOR YOUR LIFE

SEWIST'S JOURNAL



# MINDFULNESS

*my story | motivations | mission statement*





# GOAL SETTING

*overall goals | category goals | tailored system*





# LOGS

monthly logs | learning log





# PROJECTS

*planning templates*





# IDEAS

*unfinished projects | future makes*





# INSPIRATION

*colors | fabrics | etc.*





# REFLECTION

*ponder the past | prepare for the future*





**SEW**

**FOR**

**YOUR**

**LIFE**

***SEWIST'S JOURNAL***

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SEWist

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START *date*

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FINISH *date*

# ***MY STORY:***

*Events leading up to my journey of self-care through creativity*

A large, empty rectangular box with a thin black border, occupying the majority of the page below the title and subtitle. It is intended for the user to write their story.

# ***MOTIVATIONS:***

*My reasons for pursuing this journey, what encourages me forward*



# ***MISSION STATEMENT:***

*A statement of your aims and beliefs regarding this journey*



# OVERALL GOALS:

SEWING *goals*

SELF-CARE *goals*

CREATIVE *goals*

OTHER *goals*

# SPACES | goals

*Design positive, comfortable spaces that inspire peace & productivity*

*What type of space am I creating?*

*What is the space currently?*

\_\_\_\_\_  
START date

\_\_\_\_\_  
GOAL date

*Describe or sketch the space as I want it to be:*

*What changes will I need to make in order to create my desired space?*

*What actionable tasks will I implement in order to make these changes?*

*Projects that will help me create my perfect space:*

*Before picture:*

# ***SPIRIT*** | *goals*

*Spur spiritual growth, make opportunities to enjoy nature, find daily encouragement and inspiration*

*I believe that by spending time in nature I will...*

*I believe that by journaling regularly, I will...*

*I believe that by reading \_\_\_\_\_ I will...*

*I believe that by adding meditation to my routine I will...*

*As I experience spiritual growth, I hope to become more...*

*I believe that by looking for daily encouragement and inspiration I will...*

*As I experience spiritual growth, I hope to become less...*

*Projects that will help me on my journey of spiritual growth:*

*What mantra can I adopt this year that will encourage me to achieve my goals?*

# *MIND* | *goals*

Take time to rest, relax, & rejuvenate in order to accomplish more

*Describe my current me-time:*

*Describe my ideal me-time:*

*I feel most relaxed when...*

*I feel most well-rested when...*

*What changes can I make to my routine in order to include regular quality me-time?*

*What changes can I make to help myself get better rest more frequently?*

*By taking time to take care of me, I can be a better...*

*Projects that will help me take more time for me:*

# BODY | goals

Prioritize physical wellbeing, personal comfort, & a positive body image

My current level of activity is...

Unhealthy foods in my current diet include...

I would like to increase my level of activity to...

I would like to eat more of these healthy foods:

My favorite physical activity is...

My favorite healthy meal is...

Increased activity and healthier eating = more energy to accomplish...

Projects that will encourage physical activity and healthy eating:

When I get dressed in the morning I feel...

My favorite outfit is... (describe or sketch)

Instead, I would like to feel...

Feeling more comfortable in my clothes and body = more confidence to accomplish...

It makes me feel \_\_\_\_\_ because \_\_\_\_\_.

Projects that will help me feel more comfortable in my clothes and body:

# CONNECTIONS | goals

*Nurture relationships through meaningful gatherings*

*Self-care has a ripple effect. It begins with me but moves outward, touching the outer rings - family, friends, coworkers, etc.*

*This is a visual map of my connections:*

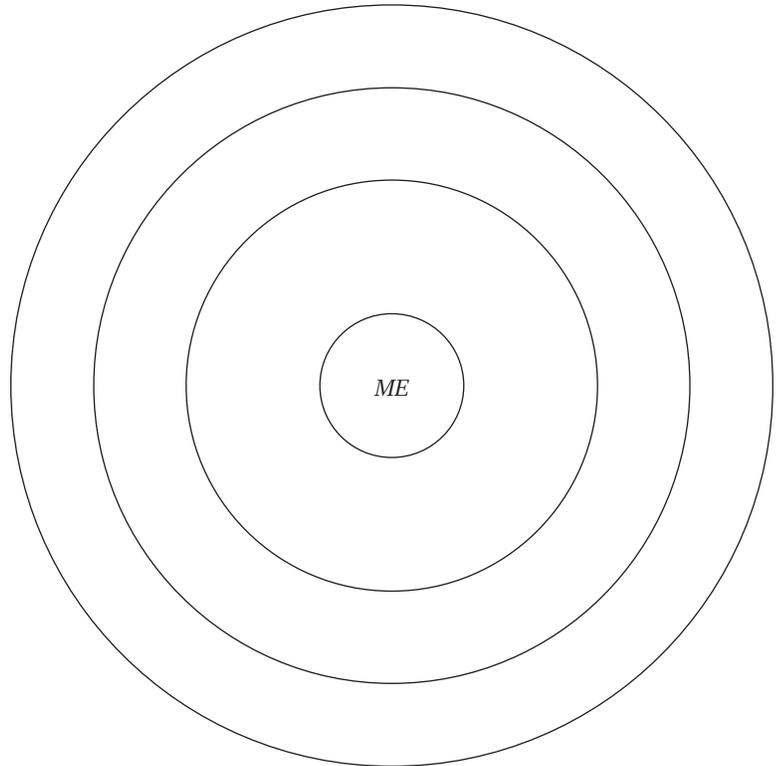
*-What types of connections do I have in my life?*

*-Who in my life is most effected by the things I do?*

*Which connections would I like to see strengthened?*

*In what ways can I nurture these connections?*

*What are the obstacles preventing me from spending time nurturing these relationships?*



*Are there any broken connections I can repair?*

*What actions can I take to mend them?*

*Are there any unhealthy connections I should break?*

*How can I cut unhealthy ties and move forward?*

*How can I begin to form new connections? Where or with whom might a new friendship be possible?*

*Projects that will help me nurture the relationships in my life:*

# WORK | goals

*Fall in love with work again through growth or change*

*What kinds of jobs and commitments are part of my responsibilities? Rank them in order of importance, then by how much joy they bring me. How much time do I currently spend on each of these responsibilities? Ideally, how much time would I prefer to spend on them?*

	<i>importance</i>	<i>joy</i>	<i>current time spent</i>	<i>ideal time spent</i>

*Is there an element of my work that brings me no joy which I should let go?*

*Is there an element of my work that brings me great joy to which I should allot more time?*

*When I wake up in the morning and think about my work I feel \_\_\_\_\_.*

*When I wake up in the morning and think about my work I want to feel \_\_\_\_\_.*

*If I could do anything in my career, what would the dream job be? Is it the same job with changes? Or a new job altogether?*

*What actionable tasks can I undertake to make the dream job a reality?*

*By \_\_\_\_\_, I want to wake up every morning and love my work as a \_\_\_\_\_.*

*Projects that will help me fall in love with my work again:*

*Describe or sketch my dream business card.*

# BALANCE | goals

*Establishing balance between financial wellbeing and big goals*

*What are some of the big things I'd like to do? Travel more? Take on a big project?*

*Which goals are obtainable right now? Be specific.*

*What's stopping me from achieving these 'right now' goals?*

*What can I do to remove these obstacles so that I can make real progress?*

*Is there a 'right now' goal I can start working towards (or even achieve) today?*

*Which big goals are financially out of reach at the moment? Be specific.*

*Which big goal would I most like to achieve within the next year?*

*What actionable tasks will help me to save for this big goal?*

*Realistically, how much do I need to save?*

*What small thing can I do today to start working towards this big goal?*

*Projects that will help me achieve my big goals:*

# What order will work for ME + WHY:

The Sew For Your Life Challenge can be tailored to me and my unique life. Knowing the path I will take and the reasons why will help me to see the big picture before I start. To suit my priorities and goals, I will move through the categories in the following order:

1



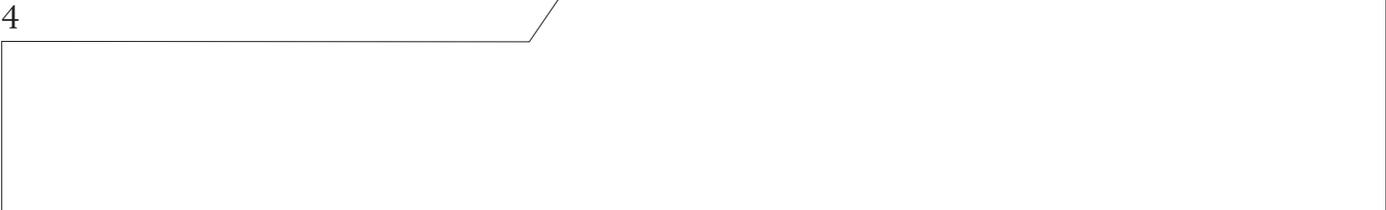
2



3



4



5



6



7



# MONTHLY LOG:

CELEBRATE   <i>log accomplishments</i>		TO-DOS   <i>tasks to start and/or finish</i>
1	17	
2	18	
3	19	
4	20	
5	21	
6	22	
7	23	
8	24	
9	25	
10	26	
11	27	
12	28	
13	29	
14	30	
15	31	
16		

CELEBRATE   <i>log accomplishments</i>		TO-DOS   <i>tasks to start and/or finish</i>
1	17	
2	18	
3	19	
4	20	
5	21	
6	22	
7	23	
8	24	
9	25	
10	26	
11	27	
12	28	
13	29	
14	30	
15	31	
16		

# LEARNING LOG:

THINGS TO LEARN   <i>techniques + terms</i>	NOTES   <i>resources</i>	<i>goal date</i>	LEARNED   <i>date</i>



# PROJECT:

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DESCRIPTION | *category, style, purpose, etc.*

GOALS | *new & strengthened skills, creative refresh, etc.*

FABRIC & MATERIALS | *quantity, designer, source, cost, etc.*

SKILLS | *things you know, things to practice, etc.*

NOTES | *tips, tricks, & troubleshooting*

WINS | *goals achieved, techniques learned, etc.*

NEXT TIME | *a different approach*

IDEAS | *future makes*

START date \_\_\_\_\_

GOAL date \_\_\_\_\_

FINISH date \_\_\_\_\_

SESSIONS

*plan* \_\_\_\_\_

*shop* \_\_\_\_\_

*prep* \_\_\_\_\_

*sew* \_\_\_\_\_

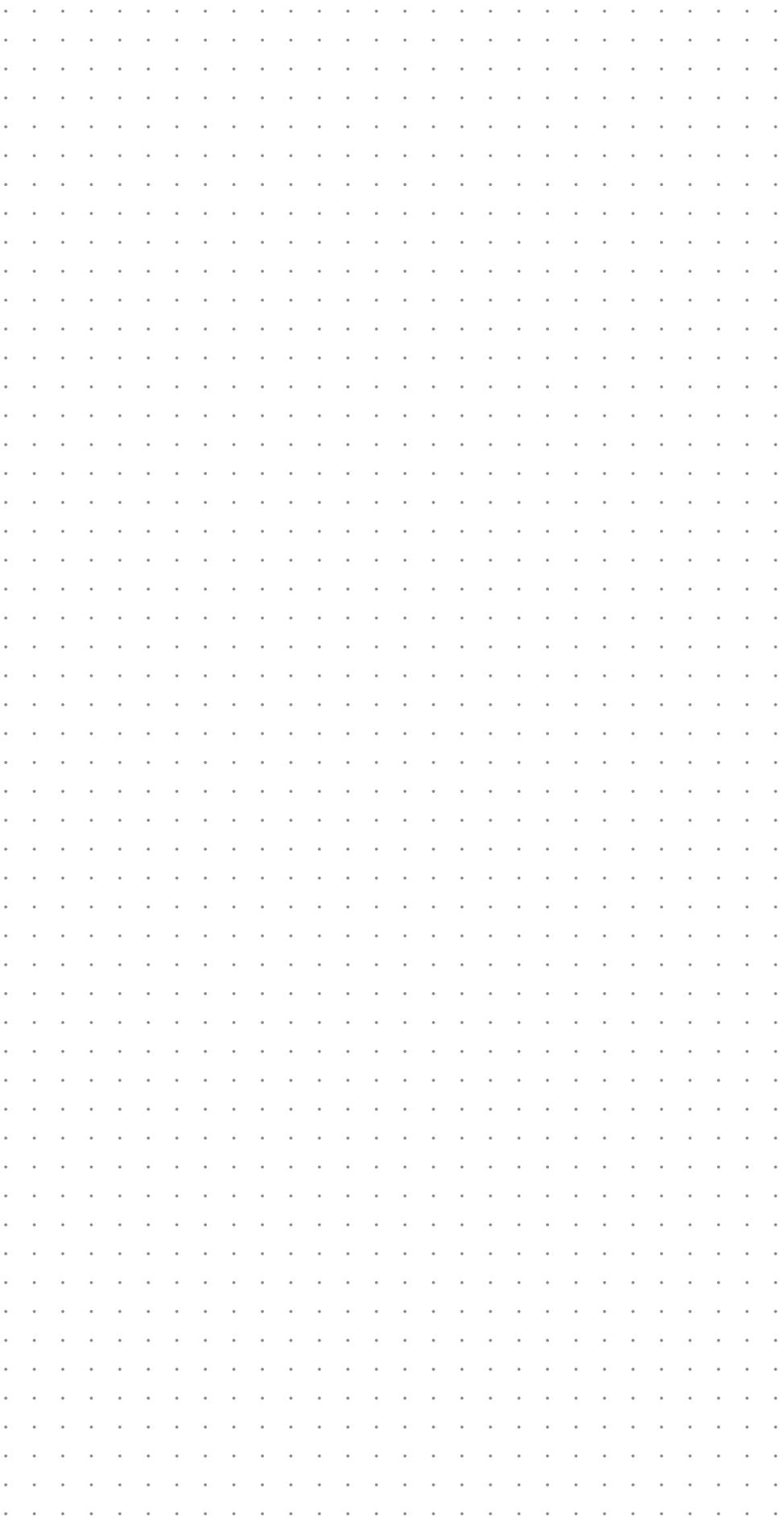
*celebrate* \_\_\_\_\_

NOTIONS & TOOLS | *thread, needle type, etc.*

STITCH SETTINGS | *type, length, width, etc.*

MACHINE SETTINGS | *foot, tension, speed, etc.*

RESULTS photo



*SWATCH palette*

FABRIC | *direction, grain, etc.*



# UNFINISHED PROJECTS:

PROJECT | *pattern*

KEEP AS IS | *goal date*

KEEP | *but change*

CLEAR | *recycle fabric for...*

PROJECT   <i>pattern</i>	KEEP AS IS   <i>goal date</i>	KEEP   <i>but change</i>	CLEAR   <i>recycle fabric for...</i>

# ***FUTURE MAKES:***

PROJECT | *pattern*

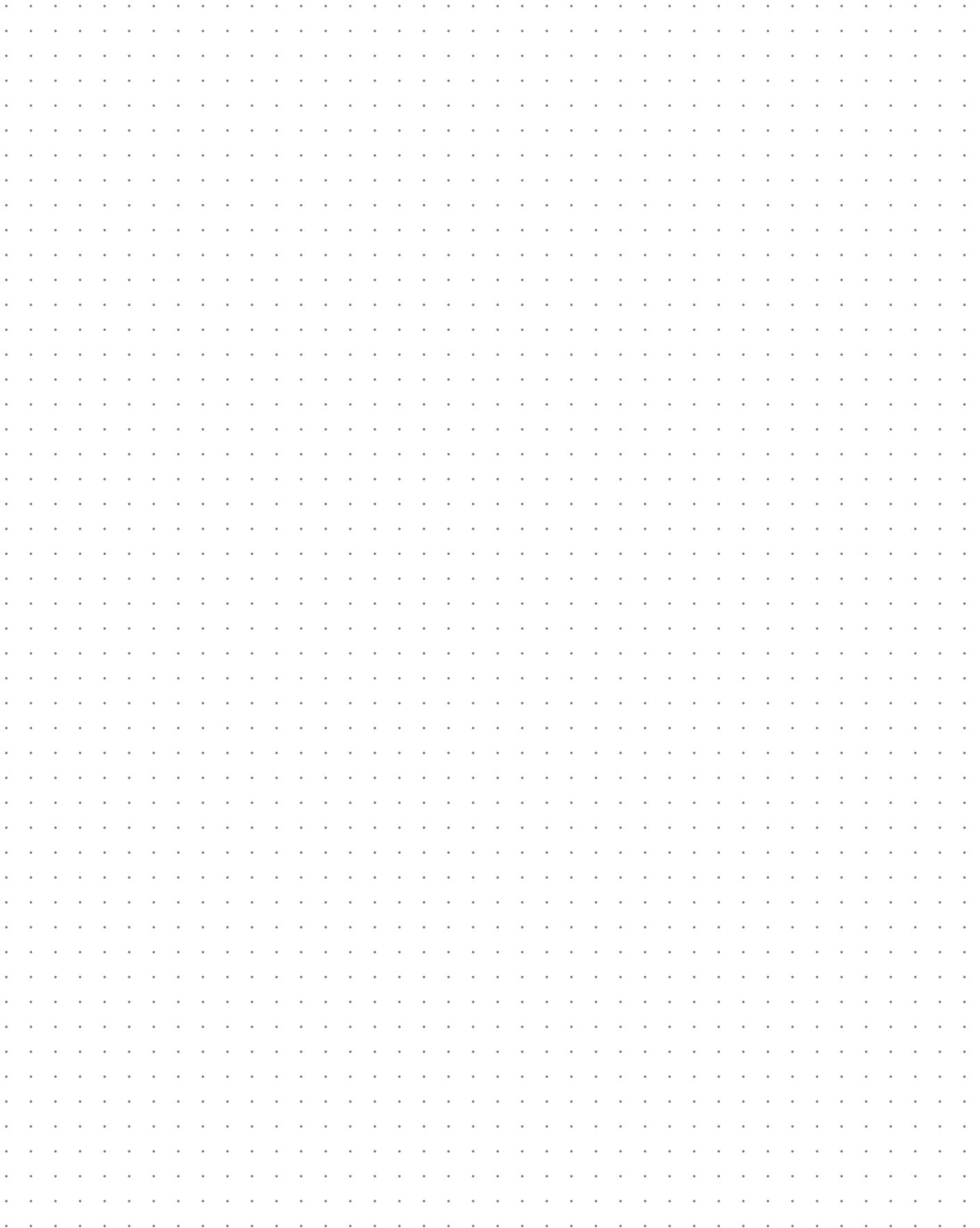
GOT'EM | *materials*

SKILLS | *learn or practice*

*goal date*

PROJECT   <i>pattern</i>	GOT'EM   <i>materials</i>	SKILLS   <i>learn or practice</i>	<i>goal date</i>

# ***INSPIRATION:***



# OVERALL WINS:

SEWING *wins*

SELF-CARE *wins*

CREATIVE *wins*

OTHER *wins*

# CATEGORY WINS:

*Within this category, what goals were accomplished? What things did I make progress towards? Where do I still have room for improvement?*

Empty response box for the first category.

*Within this category, what goals were accomplished? What things did I make progress towards? Where do I still have room for improvement?*

Empty response box for the second category.

# ***REFLECTION QUESTIONS:***

## ***Ponder the Past:***

Over the course of the Challenge, what are three ways my life has changed? What are three ways I have changed?

What are three things I learned about myself or my abilities?

What were my top three accomplishments since beginning the Challenge? How did they make me feel?

What were three of my biggest challenges on this journey? How did I feel when faced with a challenge? Did I overcome those challenges?

What was the most important lesson I learned throughout the Challenge?

What is one thing I wish I had tried during the Challenge, but didn't because I was afraid? How can I face that challenge now?

In what ways has my self-confidence changed since beginning the Challenge?

## ***Prepare for the Future:***

Where do I want to be this time next year?

What are three things I can do to continue my self-care regimen through creativity?

What are three other creative outlets I would like to try?

What are three things that make me feel the most relaxed and happy? How can I do more of that?

Am I finishing the Challenge with unfinished projects? If yes, why? What new goal dates can I set that are both realistic and motivating?

How will I organize my goals going forward?

What can I do to motivate myself to accomplish my goals going forward?



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