



The Mindful Sewing Checklist & Project Tracker

A gentle guide to stress-free stitching and celebrating small wins.

Part 1: The Calm Setup (Checkboxes)

- I have chosen a simple, forgiving project (e.g., a napkin, a drawstring bag, or visible mending).
- My materials are ready: basic cotton fabric, sharp scissors (or rotary cutter), and thread.
- I have minimized distractions (phone is on silent or in another room).
- I have a glass of water or a warm cup of tea nearby.
- I have set a timer for a short session (20–30 minutes) to avoid fatigue.

Part 2: The Mindset Check (Checkboxes)

- I am focusing on the rhythm of the process, not the perfection of the result.
- If a seam is crooked, I will let it be. "Done" is better than "flawless" today.
- If I feel frustrated, I give myself permission to stop and try again tomorrow.

Part 3: The Small Wins Tracker (Fillable Table)

Write down your finished projects here. Remember: every completed item is physical proof that you can focus, learn, and create.

Date	Project Name (What did you make or mend?)	How I felt BEFORE sewing	How I felt AFTER sewing

