

SIMPLE STEPS TO CREATE MORE SEWING TIME



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Do you find yourself wishing you had more time to sew?

I completely understand and have been there myself. I know what it's like to have a life full of family and work responsibilities leaving little time to spend on yourself.

For much of my adult life, I thought I was too busy and didn't have time to sew. But that wasn't the case. It wasn't that I had too much to do, it was that I THOUGHT there just wasn't enough time.

I decided to make some changes to the way I approached sewing, and it didn't take long before I was sewing on a regular basis.

You can experience this transformation too. Get ready to learn 5 simple steps you can do right away to get more sewing time in your life.



Introduction

If you've been thinking about sewing but feel like there's never enough time to actually do it, get ready to be surprised.

There are several things you can do BEFORE you sew that will actually create MORE time for you to actually do the sewing.

Some of these steps can be completed quickly while others will take a little more time. But don't worry. By completing the items on the *Time to Sew Checklist*, you will make more time to sew.

Also, check out these other resources to help you increase your sewing time. (Click on the product image for more info.)





Note: This is an interactive document. Links will take you to **The Ruffled Purse** website.



STEP 1: PLAN SEWING DATES



Wishing you had more time to sew doesn't make it a reality. You must want to make the time and then be committed to taking action. You can do this by planning and keeping sewing dates with yourself.

First, decide when you will sew. The time you spend sewing can be once a week, every day, or somewhere in between. It could be from a few minutes to several hours at a time. Start with a time commitment you know you can keep. You can always sew more than you planned just try not to sew less.

By determining when and how much time you'll sew **BEFORE** you actually do it, you'll be more likely to take action. You can:

- Pick a specific day(s) of the week and time(s) to sew.
- Connect your sewing to something you do every day (i.e. brush your teeth, make dinner, change out of your work clothes) and decide to sew before or after that event.

Next, commit to your sewing date by saying it out loud. Do this every day and say it more than once. Repeat your intentions until you have the date.

"I will sew on Tuesday for 30 minutes."

"I will sew for 10 minutes before I cook dinner."

Then, keep your sewing date. Sew when you said you were going to sew. Use the sewing time you're claiming now to complete the remaining four steps of the *Time to Sew Checklist*. Once you've checked them off, you'll be ready to use your sewing dates to work on your sewing projects.

STEP 2: MAKE A LIST OF SEWING PROJECTS



What do you want to sew? Make a list of all the sewing projects that have been on your mind.

Consider <u>starting a sewing journal</u>.

STEP 3: PICK PROJECTS

DONE

Now that you've gotten all of those sewing ideas out of your head, which ones do you want to work on first?

Pick three.

STEP 4: GATHER SUPPLIES

DONE

Gather all of the fabric, notions, and supplies you'll need to complete each of the three projects.

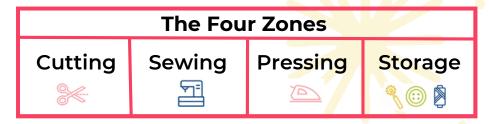
Store the items for each project in an individual bin, basket, or bag along with the pattern and instructions. When it's your sewing time, grab one of the projects and start cutting, constructing, and creating.



STEP 5: ORGANIZE YOUR SEWING SPACE



Whether you have a permanent sewing space or a pop-up one, you'll need a place to cut, sew, press, and store supplies. Instead of thinking of your sewing space as one area, think about it as four separate zones. This makes it easier as you plan and set up your space.



By organizing your tools and supplies by zones you know exactly where everything is and can put your hands on them when you need them. To learn more about the zones read the post Creating a Sewing Space.

CONGRATULATIONS!

By deciding ahead of time where, when, and what to sew, you have successfully removed common obstacles to sewing. As a result, you have created more time to sew!



Next Steps

The *Time to Sew Checklist* is just the beginning. Make sure to check out these other resources that will help you increase your sewing time. (Click on the product image for more information.)



Jumpstart your sewing time with this online mini-course. Printable documents, worksheets, and video instructions will help you implement the steps in the Time to Sew Checklist.



Create a place where you love to sew.
In this digital course, learn how to plan, set up, and organize a space that meets your sewing interests and habits.

