

# I sew because...

Take a long walk during sunset.

Take 15 minutes to tidy your sewing room before starting a new project.

Go through your closet and give yourself permission to move on from memades that don't bring joy.

Take one hour to teach a child in your life how to sew a simple project.

Write a few pages or a short essay on why you sew.

Take yourself on a solo date to a museum you've been wanting to go to in your newest handmade outfit.

Try that idea you've been wanting to try. No fear, just experimentation.

Say thank you to the person who taught you to sew.