

What are my expectations from this project?

E.g. experiment with a new pattern/new fabric and build new skills and experience

How do I want to feel during this project?

E.g. have fun, like a child learning something new, gratitude for the time to sew, enjoy being in the flow

What is the journey to my finished garment?

E.g. pick a pattern, test the style on my croquis, pick a colour scheme and fabric, make a toile, make fitting adjustments, review, if good make the garment, reflect on process and refine

What roadblocks might I come up against?

E.g. pattern may not suit me, techniques may not go right first time

What is my plan for dealing with roadblocks and issues?

E.g. Time out, ask for help

What permission am I going to give myself for this project?

E.g. permission to change my mind, permission to abandon the project without guilt, permission to create something I may not wear, permission to try new techniques and get them wrong

