



# Cross Stitch Routine

YOU MAY NEED TO GO ABOUT YOUR WEEK AND REFLECT BACK TO ANSWER SOME OF THESE QUESTIONS.

HOW MANY PROJECTS DO YOU CURRENTLY WORK ON AT A TIME?

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ARE YOU STITCHING AS MUCH AS YOU WOULD LIKE TO RIGHT NOW?

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DO YOU NEED TO ADD OR REMOVE ANY PROJECTS FROM YOUR ROTATION?

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IS THERE A TIME IN YOUR DAY/WEEK WHEN YOU ACTUALLY HAVE SOME SPARE TIME?

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IS THERE A TIME YOU SEEM TO SCROLL YOUR PHONE MORE? AND DO YOU FEEL GOOD ABOUT YOUR SCREEN TIME? (IF YOU'RE HAPPY WHEN YOU COME OFF YOUR PHONE DON'T FEEL GUILTY; WE ALL NEED AND LOVE A GOOD SCROLL SOMETIMES).

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IS THERE A TIME IN YOUR WEEK OR DAY THAT YOU FIND YOURSELF GETTING BORED? BE AS SPECIFIC AS YOU CAN.

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HAS YOUR LIFE CHANGED RECENTLY? MORE/LESS WORK? ARE WEEKENDS MORE FREE OR MORE BUSY?

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ARE THERE ANY CRAFT GROUPS IN YOUR LOCAL AREA? DO ANY OF THEM INTEREST YOU?

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DO YOU HAVE A FRIEND THAT YOU COULD MEET WITH TO CRAFT TOGETHER?

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# Cross Stitch Routine

DO YOU HAVE SPACE IN YOUR WEEK TO FIND SOMEWHERE TO TAKE YOUR PROJECT FOR SOME ALONE STITCHING TIME?

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HAVE YOU FOLLOWED EXACT ROUTINES IN YOUR LIFE BEFORE? DID YOU MANAGE TO STICK TO THEM?

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IF SO, WAS THERE SOMETHING THAT HELPED?  
(ACCOUNTABILITY/BEING EXCITED/NECESSITY ETC)

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WHAT TYPE OF ROUTINE FEELS GOOD TO YOU FOR THE SEASON OF LIFE YOU'RE IN?

- FINDING GAPS
- ACCOUNTABILITY
- BEING EXACT
- COMBINING ALL 3



# Cross Stitch Routine

LOOK OVER YOUR ANSWERS; WHAT ROUTINE WOULD WORK BEST FOR YOUR LIFE RIGHT NOW?

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WRITE OUT YOUR NEW CROSS STITCH ROUTINE BELOW. IT SHOULD BE SOMETHING LIKE:

MY NEW CROSS STITCH ROUTINE IS TO CROSS STITCH EVERY ... (INSERT DAY) AT ... (INSERT TIME OR "GAPS") WITH ... (MYSELF/FRIEND/GROUP).

MY ROUTINE WILL BE SOMETHING LIKE:

MY CROSS STITCH ROUTINE IS TO STITCH EVERY DAY ON MY LUNCH BREAK, IN ANY GAPS I GET DURING MY DAY AND EVERY SATURDAY FROM 9-10 AM WITH MYSELF (OR AN AUDIOBOOK).

## MY CROSS STITCH ROUTINE