

# Reflecting on the Journey

BY HOLLY HASSETT

*Taking the time to reflect on your journey as a quilter will help you recognize both technical and creative growth. Try some of the following exercises alone or with a group to explore your quilting self.*

**1. CHOOSE** fabric from your stash that represents (a) who you were as a beginning quilter, (b) who you are as a quilter today, and (c) who you wish to be as a quilter. Clear out the fabrics that no longer represent you to make room for the quilter you want to become.

**2. COMPLETE** the following sentences:

- a. As a quilter, I wish I could...
- b. My favorite part of quilting is...
- c. If you saw my stash, you would notice...
- d. I find myself drawn to...
- e. My favorite colors are...because...
- f. Colors I rarely use are...because...
- g. I challenge myself by...
- h. My favorite quilt I've made is...because...
- i. Outside of quilting, one wonderful thing about me is...

**3. REFLECT** Spread out your quilts, or pictures of your quilts, beginning with your earliest ones and ending with the most recent. How have you grown as a quilter? How did that growth

happen? What might be your next step? Which quilts have you kept, and which have you given away? Don't criticize your early work; every quilt is a learning opportunity that leads to growth.

**4. AFFIRM** Pull out several quilts you have made and say out loud at least three wonderful things about each one. Don't criticize or even critique; focus only on the positive aspects of each quilt.

**5. CELEBRATE** Let go of *should* and *can't*. Treat yourself to a play date with your stash and try something new. Experiment with different color and/or fabric combinations. Follow a whim and see where it takes you. Dare to be surprised and delighted! Celebrate the unique quilter you are.

**HOLLY HASSETT** has been quilting for 17 years and recently completed a graduate degree in storytelling. She calls fabric, friends, and stories essential companions on her journey.

