

PERSONAL INTENTION QUILTS WITH LAURA HARTRICH

Do you want to try making a quilt that visualizes your personal goals or intentions? Here are the four things you'll need:

1. Something to measure or track. It could be anything! This should be something that makes sense and holds meaning for you.
2. A way to track your progress. I have a little notebook, where I use lists, hashmarks, checkmarks, etc. to track what I've done. You could also use a spreadsheet if you prefer.
3. A design. Think about the goals or intentions you have set out for yourself. How do you want to represent them visually? Make a few sketches to workshop your idea. Remember whatever you come up with has to be translated into fabric, so keep in mind your skill level and the amount of time you want to dedicate to this. Your design only has to make sense to you! I recommend making a label that explains your concept and design, a gift to future-you and future viewers of your quilt!
4. Self-reflection. Be reflective when you set your intentions for the year. What do you want to focus on? What would you like to pay more attention to? What would you like more of in your life? What do you think will change or not change as a result of focusing on these things? Be reflective as you piece your quilt together. How did it go? Did anything surprise you? What would you do differently next time?

Remember, keep it light and experimental. The idea is to observe and learn something about yourself, NOT to judge yourself for failing to check things off a list.

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