

Lost Your â??Sewing Mojoâ?•?

Description



Photo by Alesia Kazantceva

Iâ??m sure most of us in the sewing community have experienced feeling like we have lost our â??sewing mojoâ?• â?? a dip in our motivation that can leave us feeling stuck and frustrated.

Donâ??t worry! With a little self-reflection and by implementing a few of the strategies in this article we can reignite our motivation and get back to creating beautiful garments.

Understanding â??sewing mojoâ??

Before I explain how we can regain our lost sewing motivation and enjoyment, let me clarify what I mean by â??sewing mojo.â?•

This term describes the creative drive that keeps us excited and passionate about our sewing projects. When that â??sewing mojoâ?• is running low or lost, we experience a lack of motivation or a block in our creative thinking that makes it difficult to start or complete sewing projects (think writers experiencing â??writers blockâ?? â?? this is a similar thing).



Photo by Laura Adai

The rollercoaster of motivation

Motivation can be like a rollercoaster â?? our levels may be soaring one day, but plummet the next. These ups and downs can be influenced by a number of factors â?? stress, fatigue, pressure, or just life in general! This is normal, and as frustrating as these lows can be, we shouldnâ??t feel guilty. It is okay to take it slow and be patient with ourselves. Try to keep in mind that rollercoaster analogy for a bit of hope, because what goes down almost always comes back up.



Photo by Mathilde Langevin

How do we get that â??sewing mojoâ?? back

1. Take a break: Like a lot of things, just walking away for a short time can actually be really helpful. Step away from your sewing machine and allow yourself time to recharge and return with a fresh perspective and some new energy.

2. Give your sewing space some attention: Try resetting by decluttering, reorganising, and rearranging your sewing space. Create an area that you can focus and be productive in without messy distractions.

3. Set some goals: Set clear and achievable goals for your sewing projects, and break these down into smaller steps in order to maintain motivation and momentum. You could try writing these down as there is something really rewarding about checking off each step from a â??to-do listâ??.

4. Start back small: Get back into the groove with some small and quick projects (easy wins) that will help give you a sense of accomplishment and hopefully increase your motivation.

5. Celebrate your past achievements: Give yourself a boost and remind yourself of your past successes and accomplishments.

6. Try something new: If your are feeling bored, why not try challenging yourself by experimenting with a new fabric, sewing technique or pattern and in the process expand your skillset.

7. Seek inspiration from others: If you are feeling stuck for inspiration, try looking to others. Explore social media, YouTube, or blogs for fresh ideas. Even better, consider joining a sewing community.

CATEGORY

1. WELLNESS

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