

# JANUARY

2024

"And now we welcome the new year, full of things  
that have never been."  
Rainer Maria Rilke



sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**GOOD STUFF:**

**GOALS:**

**TIP:** Set a word/goal/theme for the year that you can reflect on and be motivated by as you move throughout the year. January is a great time to set your intentions!

**NEXT MONTH:**

# FEBRUARY

2024

"Most of the time you don't need more information,  
you need more courage."  
James Clear



sunday      monday      tuesday      wednesday      thursday      friday      saturday

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**GOOD STUFF:**

**GOALS:**

**CREATIVE CHALLENGE:** What color are you finding yourself drawn toward. Pick a palette based off of that and make a block, collage or a special arrangement to look at. It's also a Leap Year, which means we have an extra day this month--yay!

**NEXT MONTH:**

# MARCH

2024

"I can do nothing without nature. I do not know how to make things up."  
Edouard Manet



sunday	monday	tuesday	wednesday	thursday	friday	saturday
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31						

**GOOD STUFF:**

**GOALS:**

**CREATIVE CHALLENGE:** The seasons are always changing in subtle and not-so-subtle ways no matter where you are. Pay attention to these changes and how they might spark a creative something inside of you.

**NEXT MONTH:**



# APRIL

2024

"I saw that instead of being stranded somewhere in the end of the story,  
I was actually in the prelude to the beginning of another one."  
Bob Dylan



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**GOOD STUFF:**

**GOALS:**

**CREATIVE CHALLENGE:** Try a new technique this month! It doesn't have to be perfect, but sometimes getting out of your routine can help you think in new ways. Plus, it's always a good thing to have a new tool in your toolbox.

**NEXT MONTH:**



# MAY

2024

"I believe that if you do not answer the noise and urgency of your gifts, they will turn on you. Or drag you down with their immense sadness at being abandoned."  
Joy Harjo



sunday      monday      tuesday      wednesday      thursday      friday      saturday

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**GOOD STUFF:**

**GOALS:**

**STUDIO TIP:** Have you changed out your rotary cutter blade or sewing needle lately? It's always a good time to swap out spent needles and blades and to make sure you have plenty of extras on hand. I change needles with each new project.

**NEXT MONTH:**



# JUNE

2024

"It's as hard to get from almost finished to finished as it is to get from beginning to almost done."  
Elinor Fuchs



sunday      monday      tuesday      wednesday      thursday      friday      saturday

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**GOOD STUFF:**

**GOALS:**

**REMINDER:** We see our own work often and up close, which can make us overly critical and unfair in our judgment of it. Remember this and give yourself a break if you are being too hard on yourself!

**NEXT MONTH:**



# JULY

2024

"We all come into the world unfinished, still stitching ourselves together."  
Maggie Smith



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**GOOD STUFF:**

**GOALS:**

**CREATIVE CHALLENGE:** How are we halfway through the year already? Now is a good time to move something around in your home or studio in order to give yourself a new perspective.

**NEXT MONTH:**

# AUGUST

2024

"Motivation springs from zooming out to see the purpose.  
Planning requires zooming in on the process."  
Adam Grant



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**GOOD STUFF:**

**GOALS:**

**CREATIVE CHALLENGE:** I love taking a detour! Next time you are out running an errand, take a different route back. This might take a few minutes longer, but it'll give your routine a break that might unlock something special.

**NEXT MONTH:**



# SEPTEMBER

2024

"Art is not what you see, but what  
you make others see."  
Edgar Degas



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29	30					

**GOOD STUFF:**

**GOALS:**

**CREATIVE CHALLENGE:** It's easy to hang on to projects that aren't finished, but it's important to move on if it isn't a project we are interested in anymore. Re-home, re-purpose or pass along projects that you are no longer interested in. Free yourself up and lighten your load!

**NEXT MONTH:**

# OCTOBER

2024

"Kindred spirits as not so scarce as I used to think. It's splendid to find out there are so many of them in the world."  
L.M. Montgomery, Anne of Green Gables



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**GOOD STUFF:**

**GOALS:**

**TIP:** The holiday season is approaching. Now is a great time to get a holiday-gift-making/giving plan in place. Set realistic expectations so you aren't beating yourself up.

**NEXT MONTH:**

# NOVEMBER

2024

"There is only one real deprivation...and that is not to be able to give one's gift to those one loves most."  
May Sarton



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**GOOD STUFF:**

**GOALS:**

**CREATIVE CHALLENGE:** Find a quiet moment to reflect on what's important to you. I find that the end-of-year can be a bit noisy. It's important to check in with yourself to make sure you are feeling good and taking care of what's important while not getting overwhelmed by what isn't.

**NEXT MONTH:**

# DECEMBER

2024

"Creativity takes courage."  
Henri Matisse



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**GOOD STUFF:**

**GOALS:**

**CREATIVE CHALLENGE:** It's the end of the year! Try to slow down this last little bit with a project that fulfills you. Bonus points if it's something you can easily pick up and put back down as you have time for yourself or moments with friends.

**NEXT MONTH:**