

FREE 30-DAY SEWING CHALLENGE

# The 30-Day Stitch Something Challenge

One small sewing activity every day — build the habit, build your skills, build your joy.

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- ▣ 30 Daily Activities
- ▣ 5-30 Minutes Each
- ▣ All Skill Levels
- ▣ Share Your Progress!

A Free Gift for Our Community ▣

# Your 30-Day Journey Starts Now

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This challenge is designed for real life. You don't need to carve out hours — just 5 to 30 minutes a day to connect with your sewing, build a new skill, or make something beautiful.

Each week has a theme: Foundations, Mini Projects, Skill Builders, and Bigger Goals. Finish all 30 days and you'll be amazed at how much your confidence and skills have grown.

## WEEK 1: FOUNDATIONS

Day 1	<p><b>Set Your Sewing Space</b></p> <p>Tidy, organize, and prep your sewing space. Clear your machine, untangle threads, and lay out your tools. A clean space = a clear mind.</p> <p>□ 10 min   □ Post a pic of your organized space!</p>	□ Done!
Day 2	<p><b>Thread Your Machine (Perfectly)</b></p> <p>Practice threading your machine from scratch 3 times without looking at the manual. Then wind a bobbin and load it correctly.</p> <p>□ 10 min   □ Time yourself — try to beat your last time!</p>	□ Done!
Day 3	<p><b>The Seam Ripper is Your Friend</b></p> <p>Sew a seam on scrap fabric, then unpick it perfectly using your seam ripper. Practice this until it feels easy and fast.</p> <p>□ 15 min   □ Seam rippers save projects — embrace them!</p>	□ Done!
Day 4	<p><b>Stitch Sample Swatch</b></p> <p>Create a stitch sample card: sew 8 different stitch types your machine offers on a folded scrap. Label each one.</p> <p>□ 20 min   □ Pin your swatch above your machine as a reference!</p>	□ Done!
Day 5	<p><b>Press Like a Pro</b></p> <p>Watch one pressing technique video and then practice — press a seam flat, press open, press to one side on scraps.</p> <p>□ 15 min   □ Your iron is your best finishing tool!</p>	□ Done!
Day 6	<p><b>Fabric Organization Day</b></p> <p>Sort your fabric stash by color or weight. Fold neatly, note any fabric without labels.</p> <p>□ 20 min   □ Share your beautiful stash!</p>	□ Done!
Day 7	<p><b>Rest &amp; Reflect</b></p> <p>Journal: what did you enjoy this week? What felt hard? What are you excited to try?</p> <p>□ 5 min   □ Share your week 1 reflections in the group!</p>	□ Done!

## WEEK 2: MINI PROJECTS

<p><b>Day</b> <b>8</b></p>	<p><b>Sew a Fabric Bookmark</b> Cut a 2x9" strip of fabric, fold in half lengthwise, sew and turn right side out. Add a ribbon loop at the top. □ 20 min   □ Great first gift project!</p>	<p>□ Done!</p>
<p><b>Day</b> <b>9</b></p>	<p><b>Make a Scrunchie</b> Use a 3.5x22" strip of fabric and 8" elastic. Sew long sides together, turn, thread elastic, and join ends. □ 25 min   □ Wear your creation today!</p>	<p>□ Done!</p>
<p><b>Day</b> <b>10</b></p>	<p><b>Sew a Tote Bag</b> Two 14x16" rectangles, right sides together, sew three sides. Add two 2x24" strap strips. Hem the top. □ 45 min   □ Bonus: add a pocket inside!</p>	<p>□ Done!</p>
<p><b>Day</b> <b>11</b></p>	<p><b>Zip Pouch Day</b> Sew a simple rectangular zip pouch. 2 pieces of fabric + a 7" zipper = a useful little bag. □ 30 min   □ Watch one zippered pouch tutorial first.</p>	<p>□ Done!</p>
<p><b>Day</b> <b>12</b></p>	<p><b>Fabric Coasters (Set of 4)</b> Cut 4" squares, layer two per coaster (right sides together), sew leaving a gap, turn and top-stitch. □ 30 min   □ Perfect handmade housewarming gift!</p>	<p>□ Done!</p>
<p><b>Day</b> <b>13</b></p>	<p><b>Make a Pillowcase</b> Use the envelope or French seam method. 20x26" main fabric + small cuff piece. No zippers needed! □ 35 min   □ Snap a bedside shelfie with your new pillowcase!</p>	<p>□ Done!</p>
<p><b>Day</b> <b>14</b></p>	<p><b>Week 2 Reflection</b> Lay out everything you made this week. Take a photo. You made all of that in 7 days! □ 5 min   □ Share your week 2 project haul!</p>	<p>□ Done!</p>

## WEEK 3: SKILL BUILDERS

<p><b>Day</b> <b>15</b></p>	<p><b>Practice Your Curves</b> Sew curved seams on paper templates. Then practice clipping and notching curves on scrap. □ 20 min   □ Curves become easy with practice — promise!</p>	<p>□ Done!</p>
<p><b>Day</b> <b>16</b></p>	<p><b>The Invisible Zipper</b> Practice inserting an invisible zipper on two scrap rectangles. Do it twice. □ 30 min   □ Use an invisible zipper foot for best results.</p>	<p>□ Done!</p>
<p><b>Day</b> <b>17</b></p>	<p><b>French Seams Workshop</b> Sew a small project (like a mini bag) using only French seams. No raw edges anywhere inside. □ 30 min   □ Show us that perfectly clean inside!</p>	<p>□ Done!</p>
<p><b>Day</b> <b>18</b></p>	<p><b>Buttonhole Bootcamp</b> Interface a scrap, mark 3 buttonholes of different sizes, and sew them. Cut open and evaluate. □ 25 min   □ Perfect buttonholes on the 3rd try is a WIN!</p>	<p>□ Done!</p>
<p><b>Day</b> <b>19</b></p>	<p><b>Gather &amp; Attach</b> Cut a long strip and practice gathering it to half its length. Then sew it to a straight strip. □ 20 min   □ Gathering is a superpower for ruffles!</p>	<p>□ Done!</p>
<p><b>Day</b> <b>20</b></p>	<p><b>Sew With a New Foot</b> Pick a presser foot you've never used (walking foot, edge stitch, ruffler). Try it on scrap fabric. □ 20 min   □ Which foot surprised you the most?</p>	<p>□ Done!</p>
<p><b>Day</b> <b>21</b></p>	<p><b>Mend Something</b> Find a garment in your home that needs repair. Mend it using your new skills. □ 15-30 min   □ Mending is a superpower — share your repair!</p>	<p>□ Done!</p>

## WEEK 4: BIGGER GOALS

<b>Day</b> 22	<p><b>Cut Your Next Project</b></p> <p>Choose your next pattern, pre-wash fabric, press, and cut all pieces.</p> <p>□ 45-60 min   □ Cutting is half the battle — you've started!</p>	□ Done!
<b>Day</b> 23	<p><b>Interface &amp; Prepare</b></p> <p>Apply interfacing to all relevant pieces. Staystitching, notching — all the prep work.</p> <p>□ 30 min   □ Good prep = smooth sewing!</p>	□ Done!
<b>Day</b> 24	<p><b>Sew the Main Body</b></p> <p>Main seams only today. Focus on accuracy over speed.</p> <p>□ 45 min   □ Slow and straight wins the race!</p>	□ Done!
<b>Day</b> 25	<p><b>Closures Day</b></p> <p>Work on your project's zipper, buttons, or snaps today.</p> <p>□ 30-45 min   □ Closures done = almost there!</p>	□ Done!
<b>Day</b> 26	<p><b>Hems &amp; Finishing</b></p> <p>Hem all edges, press every seam, check for missed stitches.</p> <p>□ 30 min   □ Pressing is the secret to a professional finish!</p>	□ Done!
<b>Day</b> 27	<p><b>Final Details</b></p> <p>Topstitching, labels, any decorative details. This is the fun part!</p> <p>□ 20-30 min   □ What's your finishing touch?</p>	□ Done!
<b>Day</b> 28	<p><b>The Big Reveal</b></p> <p>Photograph your finished project! Good lighting, nice background, proud pose.</p> <p>□ 15 min   □ SHARE IT! Tag us — we want to celebrate you!</p>	□ Done!
<b>Day</b> 29	<p><b>Write Your Sewing Review</b></p> <p>Write 5 things you learned from this project. What would you do differently?</p> <p>□ 10 min   □ Every project teaches you something new.</p>	□ Done!
<b>Day</b> 30	<p><b>Celebrate &amp; Set New Goals</b></p> <p>You finished the 30-Day Challenge! Celebrate, then set your next 3 sewing goals.</p> <p>□ 15 min   □ You did it! Share your final reflection!</p>	□ Done!

# Challenge Complete!

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You just showed up for yourself 30 days in a row. Whether you completed every single day or skipped a few — you built a habit, learned new skills, and proved to yourself that sewing belongs in your life.

## My 3 Next Sewing Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_