

# SARAH KIRSTEN

*16 Tips to Find Self Drafting  
Freedom*





# 1

**Just start.** Decide that no matter what happens, it won't be a waste of time, money, energy, or fabric. Think of it solely as an investment. Some of the best ideas come from "failures." Except they aren't failures at all. They are experiments. They lead to deeper inspiration and motivation. The more you just start, and the more fabric you use, the better your ideas get.

**Use fabric you love.** If you don't use fabric you're in love with, you aren't giving your experiment justice. Even if it's a wonderful design, you may not be able to tell if you like it if you aren't sewing with fabric you enjoy. If you want to test a specific technique this may be the time to use fabric you're not in love with to work out the technicalities. But when you sew the whole garment to see if you like the design, use fabric you love, even if it's still a work in progress. Excitement in the fabric leads to excitement in the design.

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# 3

**Release expectations.** Reserve sewing time as free time to play and explore. Don't expect to walk away with a new favorite piece of clothing. Don't be discouraged if something doesn't turn out. Make play and exploration the goal of your time.

# 4

**Forget the frills.** On the first drafts, leave off the fancy finishes. Sewing French seams, bindings, and other things like double rolled hems take a lot of time and can be added to the pattern later. Just work on getting the basic design hammered out.

# 5

**Don't ask for other people's opinions.** This is all about self expression. We don't want to see what your mom, sister, husband, or best friend thinks looks good. That would be THEIR expression. If it looks good to you, it's good. Don't second guess yourself. Express what is inside of you and you alone. If you put it on and it feels right to you, you've got something good.



**Spend the money.** Yes, sewing adds up.

Fabric is expensive. But it's an investment, not an expense. Not only an investment in clothing, but in your personal development and skill. It is well worth every penny.

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**Buy on sale.** Since sewing is expensive, buying bargains can really help. When I find fabric I like that's on sale, I buy the whole bolt. Low \$/yard is your friend.

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**Check out the linens section at thrift shops.** Sometimes thrift stores have an amazing collection of tablecloths and curtains made out of drool worthy fabric. It's one of the most inexpensive ways to pick up lots of yardage.

# 9

**Start a fabric stash.** Different designs call for different fabrics. Don't be afraid to stock up on different fabric so you have them on hand when you need them. The only rule to follow for keeping fabric is to ask yourself if it brings you joy. Does it make you happy when you see it on your shelf?

Work on it right

away. When an idea strikes, start working on it right away (another good reason to have a healthy stash with fabric washed and read to go!). If you don't have time to physically work on the idea right away, write it down on paper. Draw the design and all the pieces. Think about the type of seams you want, organize the order of construction, etc. If you get what you know so far down on paper, your mind will have more time to subconsciously work to figure out the rest.

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Keep a notebook of all your drawings and designs.

Flipping through your notebook later can inspire new ideas, and after putting a project away for a while, your brain may have worked out solutions to designs that didn't go right the first time around.



# 12

Schedule a time for creative sewing. This may need to be a separate time from your regular sewing. It's easy to squash or put off sewing playtime because it can be scary and intimidating. But if you have a scheduled time it can help bring freedom and playfulness. It's your time to sew – no guilt needs to be felt.

# 13 14

## Recognize the fear.

Alfred Hitchcock described once that there is no fear in a scary event itself, only in the anticipation of the event. If we feel fear but aren't willing to acknowledge it, the fear stays alive and hinders us creatively. It holds us back. If we recognize the fear (fear of failure, fear of wasted fabric, time, etc.) we can have an honest conversation about releasing expectations and treating this time as playtime.

Don't be hard on yourself. This whole process is one of learning. Learn to find joy in the process as well as in the end result.



# 15

**Get off Pinterest and Instagram.** Getting inspired by a design or style is one thing, getting sucked into endless possibilities and seeing how good everyone else's designs are is another. And it's not helpful. The best thing is to start work on YOUR OWN PROJECT. Don't even look at Pinterest or Instagram on your creative sewing day. Trust in the inspirations you've undoubtedly collected and stored in yourself.



# 16

Spend time looking at sewing tutorials and pattern instructions.

A little bit of knowledge on the construction techniques of sewing can go a long way and knowledge builds up quickly. It's very inspiring to learn new ways of doing things, and the doors of possibility open up wider with each page you read.

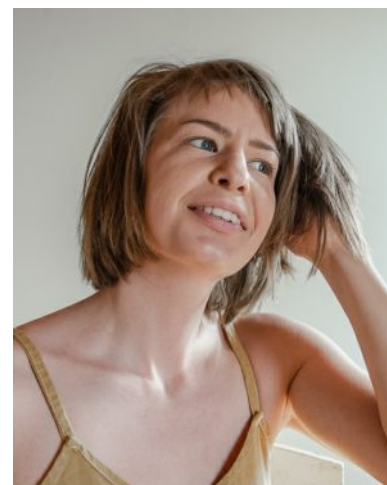
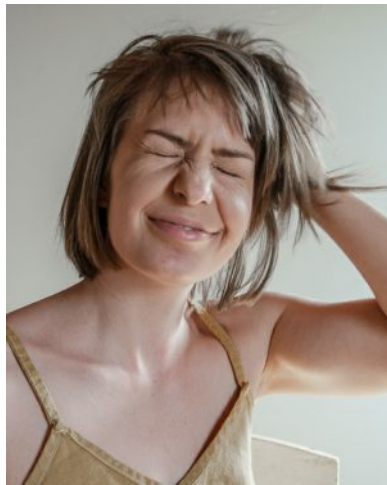


# One more note. . .

**Sometimes** after reading lists of tips like this I feel stressed. It can feel like another list of things I should remember to do. Please know, this list needn't make you feel any stress. Take the ones that speak to you, leave the rest. Above all, remember that you're doing a good job.

XX SARAH

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If I can help you on your sewing journey to express yourself through clothing in any way, please let me know. I would love to talk with you, hear how this has impacted your life, and see some of your drafts. Please send me an email or DM any time.

[SARAH@SARKIRSTEN.COM](mailto:SARAH@SARKIRSTEN.COM)

[@SARKIRSTEN](https://www.instagram.com/SARKIRSTEN)

[SARKISTEN.COM](http://SARKISTEN.COM)