



# Just sew it!

If you're sick and tired of negative thoughts getting in the way of your projects, Kim Smith Soper has some top tips for overcoming overthinking and taking on your WIPs!

If you have a lot of WIPs (works-in-progress) tucked away in your sewing room, chances are it's because you're overthinking things. How do I know? Let's just say I've had my fair share of experience with overthink thoughts. And they are rarely productive.

Overthinking comes in many forms. There's indecision (will this fabric be the right choice?), perfectionism (this isn't turning out the way I wanted it to), and worry (what if I cut this fabric and I make a mistake?). All of them are exhausting in their own way. And often, rather than figuring out how we can deal with or combat those negative thoughts, we simply start a new project.

Sometimes overthinking a WIP is inevitable. But it doesn't have to be a consistent cause of project derailment. We can finish our WIPs and take back our power from pesky, unhelpful thoughts! Here are some ways we can do just that:

*By being fully present in the moment, we can find gratitude for how much we love to sew and how lucky we are to have quilting in our lives - rather than worrying about potential mistakes!*

## 1 RECOGNISE THAT THOUGHTS ARE NOT FACTS

As real as they may seem, thoughts are not facts. Thoughts are just stories we tell ourselves over and over again. And because we hear our own thoughts so often, we believe them to be true. But once we become aware that we're having a thought that makes us feel

a certain (not good) way, we can work on changing that thought. We can choose to create new thoughts that feel better!

For example, even if we repeatedly tell ourselves that a quilt we're working on will never be perfect enough (or even good enough), it doesn't actually make it true. We need to recognise that these are just unhelpful, perfectionist thoughts. Instead of criticising ourselves, we can choose to speak to ourselves with kindness.

We can adjust our expectations from "This quilt needs to win awards at quilt shows" to "Quilts are meant to be used and loved, and I will work on this quilt to the best of my ability". Through a small adjustment, we can liberate

ourselves from overthinking. Doing so will allow our creativity to flourish.

## 2 COME BACK TO THE PRESENT MOMENT

When we're overthinking, we are in one of two places. We're either in the past, thinking about our old mistakes, or we're in the future, thinking about what could go wrong. We can halt

Your negative thoughts are not facts. Instead of telling yourself your project won't work, choose to think positively and be proud!

If you're stuck on a WIP, try to troubleshoot solutions - why not seek out a video tutorial, or ask a trusted quilting friend for advice?

overthinking by bringing ourselves back to the present and feeling gratitude for the moment. Instead of thinking about all of the seam ripping we've done in the past, or imagining all of the imperfect points we might sew in the future, we can close our eyes and feel the fabric in our fingers. By being fully present in the moment, we can find gratitude for how much we love to sew and how lucky we are to have quilting in our lives - rather than worrying about potential mistakes!

## 3 LOOK FOR SOLUTIONS

We get so wrapped up in our thoughts about what we can't do, we often forget to look for solutions of what we can do. One solution to overthinking is breaking things down into their most basic steps. By simplifying the process that is holding us back, we can set small goals to work towards a finish. Looking on YouTube or asking a quilting friend are great ways to quickly discover solutions and techniques that can help us push through the difficult parts of a project. Sometimes, the solution really is as simple as asking someone for help!

## ONE LAST THING...

There's a difference between feeling like we can't finish a project and not actually wanting to finish it at all. It's important to be honest with ourselves about what is holding us back.

If overthinking is the culprit, it's time to get our thoughts in check. But if we no longer enjoy working on a particular WIP, it's time to give ourselves permission to just let the project go. We are allowed to change our minds! It's not always necessary to push through. If we get curious about what's really holding us back, we can allow the (honest) answer to guide us on how to move forward. Now let's just get stitching!

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