



# EMBROIDERY JOURNAL

## SUPPLIES & TOOLS

- 12 in. Wood Embroidery Hoop #77614164
- 18 in. x 18 in. Fabric - 100% cotton, smooth and easily pierceable
- Water-Soluble Pencil #77675009 or Marker #77385674
- Clear 12 in. Ruler #30100068
- Embroidery Needles - assorted sizes
- 6-Strand DMC Embroidery floss - assorted colors
- Sharp Scissors
- Pen/pencil and Small Notebook for sketching and note taking

### Optional:

- Bias Tape or fabric strips for wrapping inner hoop

### Nice to Have:

- Colored Pencils for sketching - to help visualize embroidery floss colors
- Needle Threader #77650812
- Floss Bobbins # 30218549 and/or Floss Organizer case #30218552
- Back Light for Tracing designs onto fabric

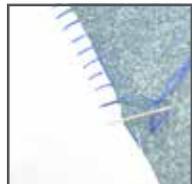


Made by Sophie O'Neill  
IG: @thestircrazycrafter  
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NOTE: You can use a different size of embroidery hoop. Most popular sizes are 12 in. and 10 in.

The most common fabric used is 100% cotton that is smooth and easy to pierce with the embroidery needle. Light neutral colored fabric is often used but other colors including black have also been used. The size of the fabric should be at least 3 inches more than the hoop size on all sides. That is why an 18 in. square is considered the minimum for a 12 in. hoop.

The bias tape/fabric strips are used to wrap around the inner ring of the hoop. This helps the fabric to stay in place while the hoop is handled often.



### PREP -

It is recommended that you pre-wash your fabric before using. And to prevent unraveling, either tape up or sew a finish along the fabric edges. You can use a sewing machine and do a zig zag stitch all around or something like a blanket stitch by hand.



**OPTIONAL** - Wrap the inner hoop with bias tape or fabric strips. Stitch the ends together to keep in place. This extra layer of fabric helps to keep the main fabric taut and minimizes shifting as you embroider.

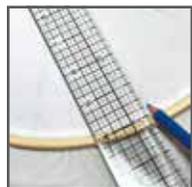
## INSTRUCTIONS



1. Fold the fabric in half, then in half again to find the center. Stick a needle at this point or use the water-soluble pencil/marker to mark as the center.



2. Unfold the fabric and center on top of the 12 month template.  
Mark the start and end of each monthly divider line. Match up the lines with the ruler and draw the lines. It will resemble a pie chart.



3. Place the fabric in the hoop, keeping the fabric taut.  
Use the ruler and pencil to extend the divider lines to the edge of the hoop.  
The divider lines will help you space out the year evenly so that there is room for each month's design icons.



4. In the center space, write in the year.

You can write in the names of the month, one per section. Or, you can write in the months as you go.



5. Use at least 2 of the 6 strands of embroidery floss to stitch the year so it stands out. You can use any stitch design that you want. The most common would be a backstitch.  
You can stitch the divider lines or not, it is up to you.  
Wash out the markings and lines after stitching. Let dry.

## INSTRUCTIONS CONTINUED

### 6. Start sketching!

Draw an icon to represent each day. You can also choose to just do special days or make a weekly design. It is up to you.

Keep in mind that the designs need to be small to accommodate 30 -31 motifs in each monthly section. If you use the water-soluble pencil/marker, you can use a wet paper towel to blot away designs if you change your mind.

Use a notebook to sketch designs and keep track of design ideas for days. You can even notate floss colors used.

### 7. Start stitching!

Use any type of stitching style you want to stitch your designs. You can use multiple colors of floss or just one.

Again, it is up to you!

Wash out the drawn markings when you have finished stitching.

### 8. The most important thing is to stitch when you can. You can save up your stitching for once a week if you like. Do not feel pressured to stitch every day, this is your journal and you should enjoy making it!

At the end of the year, you will have a unique piece of art to show the memories of your year.

This finished piece was made by Sophie O'Neill

IG-@thesticrazycrafter. PC: Sophie O'Neill



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# PATTERN

Align the pie chart pattern center to the marked center on the fabric.

Use a ruler and Water-Soluble pencil to extend the lines to reach the edge of the embroidery hoop to create evenly spaced sections.

