

## Sip & Stitch













## Sew Inspirational

Express yourself through needlework by stitching a word, power mantra or phrase. Whether you choose something that motivates and inspires or de-stresses and calms.

Here are a few ideas to make your event, 'Sew Inspirational':

- Stitch one of the template phrases provided - 'Sew Good, 'Sip & Stitch or 'Happy Stitchmas!'
- 2. Set your creative juices flowing with words 'Dream', 'Love' and 'Laugh'.
- **3.** Boost your confidence with power words 'Achieve', 'Inspire' and 'Winner'.
- **4.** Stitch a quote from your favourite novel or character.
- **5.** Choose a family phrase, a nickname, or an in-joke with your friends. The more unique the better!









We would love to see your finished designs. Upload them to social media, tag @royalneedlework and use the hashtag #SipandStitch, so we can share all the wonderful things you create.