
SLOW
SEWING
PLANNER /

IN THE
FOLDS /

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ABOUT IN THE FOLDS PATTERNS

In the Folds patterns and resources are designed to inspire and encourage modern makers to create garments that are beautiful both inside and out. Through selected techniques and construction details, **In the Folds** aims to encourage thought-provoking and memorable making experiences - helping you enjoy each stitch in the process.

It is our belief that if garments are made well, we take better care of them, forming stronger bonds and ties with them, cherishing them long into the future. We also believe in thoughtful and intentional consumption. It is important to make decisions about what we wear carefully and mindfully - considering people and planet in the decisions we make.

By making garments that fit well and make us feel great, we will require less. We dream of helping makers create a small curated wardrobe of garments that they can be proud of and feel comfortable wearing daily.

SLOW SEWING

In the Folds patterns and resources are designed to include thoughtful details and interesting techniques so that you can enjoy the process of making the garment as much as the end result.

If we slow down and take in every stitch, we can better our skills, appreciate the amazing things we can do with our hands, understand the process more fully and create garments that will be worn, loved and cared for long into the future.

We'd love to see your work in progress. Find us on Instagram **@inthefolds** and tag your photos with **#ITFSlowSewingPlanner**

Happy sewing!

HOW TO USE THIS PLANNER

There are countless ways to plan what you sew. We hope that with this planner, you can find a way that works for you. For us it's not about making a plan for the next 12 months and then sticking to it, but a way to get into the mind-set of sewing with a purpose: understanding the gaps in your wardrobe and then slowly and carefully filling those gaps over time. You may work through this workbook from beginning to end and complete every exercise. You might flick through and complete the exercises that inspire and excite you. You might just use the planner to organise your wardrobe and make room for the pieces you have already planned to sew for the year. There is no right or wrong way to use it!

The planner is split into four parts:

REFLECT

Reflect on the clothing you have made and the skills you have learned so you can integrate this into your plans for the future.

ORGANISE

Work out what you already have and how to make garments that fit into your wardrobe. This will give you a chance to organise your fabric and pattern stash too!

PLAN

Use what you've learned to plan makes that you will wear and love and will fit into your existing wardrobe.

RESOURCES

Use these resources to supplement the exercises throughout the planner. Print as many copies as you need and come back to these resources over and over.

And remember to enjoy the process! That's what it's all about.

REFLECT

Sewing your own clothes is not only about making new pieces to put in your wardrobe, but about learning new skills and enjoying the process of making. By taking time to reflect on our process, we can feel proud of the lessons we have learned and the amazing things we can do with our hands.

We can think about what we enjoy, what we can improve and how our making process can continue to inspire and nourish us.

REFLECT ON WHAT YOU MADE RECENTLY

You may have sewn a lot, you may have sewn a little, you may have sewn nothing at all. And that is okay! These pages aren't a competition to see who sewed the most, but a way to take stock of what you have made and to let that inform your plans for the future.

If you sew fairly regularly, you could start by listing your makes in the past 12 months. If you sew a lot, you may just want to take note of what you made last season. If you don't sew very often, you may want to take note of what you have made over the last few years. It's up to you! This planner has been designed for you - adapt it to your needs.

WHAT DID YOU SEW RECENTLY?

TOPS

DRESSES

PANTS

Tip

Are you having trouble remembering what you've made? Open your wardrobe and have a look. If you document your makes on Instagram, look there to refresh your memory.

SKIRTS

JUMPSUITS

OUTERWEAR

LOUNGEWEAR / ACTIVE WEAR

SWIMWEAR / UNDERWEAR

ACCESSORIES

OTHER

REFLECT ON THE SKILLS YOU HAVE LEARNED

WHAT SKILLS DID YOU LEARN BY SEWING THE PIECES LISTED ON THE PREVIOUS PAGES?

There is a list of skills on p 47 if you need a reminder of some of the skills you may have learned.

Remember to celebrate

Making your own clothes and learning new skills is difficult! Take some time to celebrate your achievements! You could find a local sewing event in your area, share your make on Instagram or go for a picnic wearing your new garment!

WHICH GARMENTS ARE YOU MOST PROUD OF AND WHY?

WHAT SKILLS ARE YOU MOST PROUD OF AND WHY?

WHICH ITEMS DID YOU ENJOY SEWING THE MOST?

WHAT HAVE YOU FOUND CHALLENGING IN YOUR SEWING PRACTICE RECENTLY?

HOW DID YOU OVERCOME CHALLENGES WHEN YOU WERE STUCK?

This might be as straight-forward as putting your project down when you are struggling and returning to it in a day or two... That's what we do!

WHAT SKILLS WOULD YOU LIKE TO LEARN / CONTINUE WORKING ON OVER THE NEXT 12 MONTHS?

Tip

Don't overdo it! Learning new skills takes time! Focus on a few (or even just one) skills and you can always start working on a new skill later down the track once you have become more confident with what's on your list.

ORGANISE

A new year or a new season is a great time to take a moment to stop and reflect, as well as re-group. Before thinking about what you'd like to sew next, it's a good idea to get organised. When it comes to sewing your own clothes, there are a few places to keep organised to ensure you are making the things you need and using the things you have: your wardrobe, fabric stash and pattern library.

Remember, organising things takes time. Try to take it easy and not get overwhelmed. You won't be able to get through all this in a day and that's okay! Set some time aside over the next few weeks or month and work through the following exercises. Keeping your wardrobe, fabric stash and pattern library organised will always be a work in progress.

WARDROBE

By knowing what is in your wardrobe, what you wear and how often you wear things, you can begin to get a sense of gaps in your wardrobe and select projects to fill these gaps. Although many of us might dream of sewing a whole new wardrobe, or a capsule wardrobe, the reality is that by sewing pieces that fit into your existing wardrobe, you will have a better chance of getting a lot of wear out of them. You will be amazed how just one perfect piece added to your wardrobe can open up a realm of possibility.

There are a number of ways to organise your wardrobe and work out where the gaps are - choose the way (or combination of ways) that works for you. We suggest using one of the methods outlined below to get a good idea of what's in your existing wardrobe and what you have been wearing (and not wearing).

EXERCISE 1

Take out everything in your wardrobe. If you have a lot of clothes, this might be too overwhelming. You could consider just starting with a part of your wardrobe and doing it over a few days or weeks.

Take out your clothes and place them on your bed. Pick up each item one by one and use the flowchart on p 12 to decide what to do with each one. Try to be honest with yourself.

EXERCISE 2

Over the course of 2-4 weeks, take photos of what you wear each day. You could take the photos while the garments are still on their hanger, lay them on your bed assembled into an outfit or take a selfie in front of a mirror. Don't worry about image quality as this is just a journal for yourself. Take note of what you were doing each day when you wore this (i.e. working from home, out to dinner etc.)

EXERCISE 3

Don't have it in you to take a photo every day? No worries! Keep a wardrobe diary - use the template on p 13 to record what you wear each day and why.

EXERCISE 4

Divide your wardrobe so you can get an idea of what you are wearing over a set period of time (we suggest 2-4 weeks, but you could do this for a whole season). There are a few ways you can do this:

- Turn your coat hangers so that they are facing the opposite way to how you usually have them. When you wear a garment, turn the coathanger the other way. By the end of the period you will be able to see what you have and haven't worn.
- Put a divider in your wardrobe. Move clothing to the other side once it has been worn.
- Move clothes to a hanging rack. Put garments back in your wardrobe after you have worn them. What's left on the rack at the end are the things you haven't worn.

WARDROBE REFLECTION FLOW CHART



WARDROBE DIARY

Track what you're wearing and why you're not wearing other things. E.g. I wanted to wear X, but didn't have a jacket to match etc. We suggest keeping a wardrobe diary for 2-4 weeks. Just print as many copies of the next 2 pages as you need. You may leave the NOTES section until the end of the day as you might notice things during the day that you like or don't like. This is a good place to record it.

MONDAY

WHAT I WORE	WHY I WORE IT	NOTES

TUESDAY

WHAT I WORE	WHY I WORE IT	NOTES

WEDNESDAY

WHAT I WORE	WHY I WORE IT	NOTES

THURSDAY

WHAT I WORE	WHY I WORE IT	NOTES

FRIDAY

WHAT I WORE	WHY I WORE IT	NOTES

SATURDAY

WHAT I WORE	WHY I WORE IT	NOTES

SUNDAY

WHAT I WORE	WHY I WORE IT	NOTES

STILL HAVING TROUBLE LETTING PIECES GO?

Don't be too hard on yourself. It is often very difficult to part with clothes for various reasons. You might be keeping a garment for sentimental reasons (that's okay!) or you might be keeping something because it used to fit. Take it slow and be kind to yourself. Use the below options to make the process of saying goodbye less stressful.

PACK IT AWAY

Rather than trying to do everything all at once, try packing away your unworn clothing in a box, suitcase or somewhere you can't see it in your closet. Add a note in your calendar to check back in 3-6 months (whatever you are comfortable with). If you haven't missed it in this time, you will probably feel a lot better about parting with it. Go back to the flow chart on p 12 for ways to get rid of clothing without sending it to landfill.

TAKE PHOTOS OF THINGS

Scared you're going to regret parting with something? Take photos of it! Store the photos in a folder on your phone or computer and if you miss it, you can always come back to the photos and find a pattern like the garment and re-make it.

RE - MAKE IT

We often hold onto things because we love something particular about them, even if there are other things we don't like about them (for example, the colour, the fit, the fabric). Can you take a copy of the garment and make it from another fabric? Can you dye it? Can you find a similar pattern and make something that better fits your needs?

SENTIMENTAL PIECES

Sentimental pieces can be the most difficult to part with. Can you upcycle it? Turn it into a quilt or a cushion or another type of garment that you will get more wear out of?

BODY IMAGE

Keeping clothing that no longer fits your body can make you feel inadequate. It reinforces the idea that you are a work in progress, constantly striving for a different size or shape of body than the one you have. It makes it difficult to live in the present if you are constantly looking to the future, a time when these clothes may or may not fit you. Accepting your body as it is right now can be liberating. One of the biggest joys of sewing is that you can make clothes that fit YOUR unique body.

GET CLOTHES BACK INTO ROTATION

Sometimes you just might be out of the habit of wearing certain garments. There are a few things you can do to get these garments back into rotation. It might take a little while to feel comfortable in it again. Give yourself a couple of wears to get used to it.

PUT IT AT THE FRONT

Re-shuffle your wardrobe so that the things that you are not wearing much are easier to see and access. You may even want to hide your most worn things towards the back so that it forces you to get some of these other pieces into rotation.

MIX AND MATCH

Try pairing these garments with things you wouldn't normally wear them with. Take risks - you might be surprised with what works! A dress that you don't wear much - can you wear a top over it so it looks like a skirt?

TRY DIFFERENT THINGS FOR DIFFERENT OCCASIONS

Try wearing things you wouldn't normally wear for different occasions. For example, do you have a lot of pretty dresses that you don't go out enough to wear? Try wearing them to work with some sneakers or flats and a denim jacket. Do you have a fun and sparkly top that feels quite dressed up? Try wearing it with jeans and sneakers. As we mentioned above, it might take a few tries and not everything is going to work right away, but you might be surprised what works together!

WARDROBE EVALUATION

Refer to your wardrobe diary / the exercise you chose to assess your wardrobe to answer the below questions.

1. WHICH PIECES DO YOU WEAR THE MOST AND WHY?

2. THINK BACK (OR LOOK BACK) OVER WHAT YOU WORE WHILE YOU WERE TRACKING YOUR OUTFITS. WHICH OUTFIT WAS YOUR FAVOURITE? WHY?

3. WHICH OUTFIT/S MAKE YOU FEEL THE MOST LIKE YOURSELF?

4. WHICH WAS YOUR LEAST FAVOURITE OUTFIT? WHY?

5. WHAT FABRICS DO YOU FEEL MOST COMFORTABLE
IN / WEAR THE MOST?

6. WHAT COLOURS AND/OR PRINTS DO YOU WEAR
THE MOST?

7. WHICH SILHOUETTES DID YOU FIND YOURSELF WEARING MOST? WHY?

8. DID YOU NOTICE ANY GAPS IN YOUR WARDROBE THAT YOU WOULD LIKE TO FILL?

Add to the table on p 24.

9. WHAT WERE THE MAIN REASONS YOU DIDN'T WEAR CERTAIN CLOTHES IN YOUR WARDROBE?

10. WHAT TYPES OF GARMENTS DO YOU FEEL MOST COMFORTABLE OR MOST LIKE YOURSELF IN?

11. LIST THE REASONS YOU WEAR SOME CLOTHES MORE OFTEN THAN OTHERS

12. WHAT PIECES COULD YOU ADD TO YOUR WARDROBE TO GET MORE WEAR OUT OF EXISTING PIECES?

13. ARE THERE SPECIFIC AREAS OF YOUR LIFE THAT YOU NEED MORE CLOTHES FOR?

For example: work, relaxing at home, exercising etc.

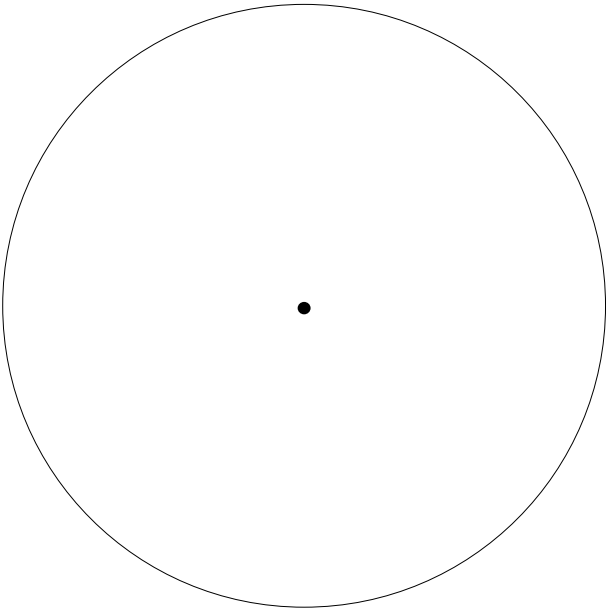
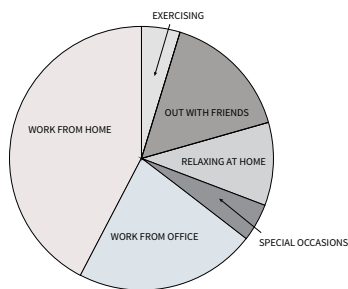
PIE CHART EXERCISE

Have a think about how you spend your time during an average 2-4 week period. For example, you might work from home, go to the gym, go out for dinner, go to a meeting, etc.

WHAT ARE THE MAIN ACTIVITIES YOU DO IN A 2 - 4 WEEK PERIOD?

ACTIVITY	%

Now write a rough percentage next to each one, for how much of your time is spent doing it. If you work from home, you might say 50%. If you go to the gym 3 times per week, this might be 5%. This doesn't need to be exact. It's just a good way to see how you are spending your time and then see if your wardrobe reflects that. Create a pie chart with the above data in the circle below. See the example for guidance.

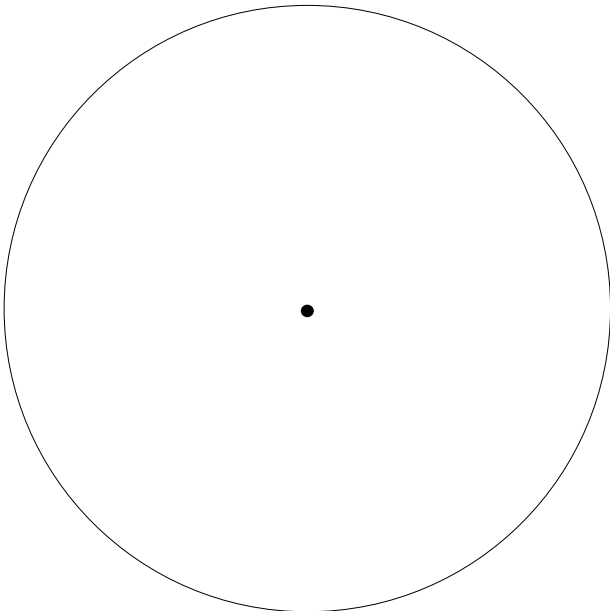


Look through your wardrobe and break it up into loose categories in relation to the areas of your life listed on the previous page. For example, garments for the office etc. There will be some cross-over - you might wear the same clothes to work from home and to relax at home.

LIST THE DIFFERENT CATEGORIES REPRESENTED IN YOUR WARDROBE.

CATEGORIES	%

Look at the above categories and put a percentage next to each one. Again, this doesn't need to be overly accurate - just a rough idea. Put the results in the pie chart below. The aim is to see if you have roughly the right amount of clothes for each area of your life. For example, do you spend 5% of your time dressing for special occasions but half your wardrobe is party dresses?



BY COMPARING THE CHARTS, WHAT DO YOU NEED TO MAKE MORE OF?

AND LESS OF?

MY FIT PREFERENCES

Circle / highlight those applicable to you (by referring to the Wardrobe Evaluation exercise on p 17) - this will be helpful when selecting new garments to make. Now that you're with **Curated by ITF**, you have learned (or will be learning) pattern hacking, so you can always hack a pattern to better suit your needs!

SLEEVE TYPE

- Sleeveless
- Cap sleeves
- Raglan sleeves
- Set-in sleeves
- Dolman sleeves
- Gathered sleeves
- Other statement sleeves

SLEEVE LENGTH

- Short sleeves
- Elbow-length sleeves
- Long sleeves

NECKLINE

- Boat neck
- V-neck
- Round
- Crew neck
- High neck
- Collar
- Square neckline
- Thin straps
- Low neck

DRESS / SKIRT LENGTH

- Mini skirt
- Mid-thigh
- Above knee
- Just below knee
- Mid-calf
- Ankle length

TOP LENGTH

- Cropped (above belly button)
- Cropped (hits top of pants or skirt or just below)
- Hip-length
- Crotch-length
- Mid thigh length

WAIST

- Fitted waist
- Loose in waist area

DRESS / SKIRT SILHOUETTE

- A-line
- Sack
- Fitted
- Boxy
- Maxi

PANT TYPE

- Slim
- Wide leg
- Culottes
- Boyfriend
- "mum" jeans
- Boot leg
- Flare
- Leggings
- High waisted
- On hip

SHORTS / PANTS LENGTH

- Short shorts
- Mid-thigh shorts
- Cropped (ankle)
- Long pants

LIST OF GARMENTS TO MAKE TO SUPPORT ITEMS ALREADY IN YOUR WARDROBE

As you track what you are wearing, you might realise there are things you are missing or would like to have in your wardrobe. Keep track of them here. This way, if you decide you would like to make a jacket in the future (for example), you can look here to see what it would go with in your current wardrobe.

GARMENT	WHAT IT WILL GO WITH IN WARDROBE	CONSIDERATIONS
		COMPLETED ☐

GARMENT	WHAT IT WILL GO WITH IN WARDROBE	CONSIDERATIONS
		COMPLETED ☐

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		COMPLETED ☐

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		COMPLETED ☐

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		COMPLETED ☐

GARMENT	WHAT IT WILL GO WITH IN WARDROBE	CONSIDERATIONS
		COMPLETED ☐

GARMENT	WHAT IT WILL GO WITH IN WARDROBE	CONSIDERATIONS
		COMPLETED ☐

FABRIC STASH

SORT YOUR STASH

It's always good to have your fabric stash as organised as possible. This means you will be able to shop your stash before heading out to buy more fabric. We like to try to only buy fabric when we know exactly what we'll be using it for so we can purchase the right amount for the project and not have a lot of fabric sitting around without a purpose. In saying that, we know it's difficult to say no to a fabric you love, so it's likely that you do have a stash of fabric. We suggest asking yourself the following questions before labelling each piece of fabric in your stash so it will be easy to see if they suit your wardrobe plans for the future.

- 1** Do I like the feeling of this fabric on my skin?
- 2** Would I feel comfortable wearing this fabric?
- 3** Would I feel like myself in this fabric?
- 4** Does it fit in with my wardrobe / wardrobe plans / colour palette?

If you answer yes to all of the above, then you can print one of the labels on p 44 and get it back in your stash. For fabrics that you don't think you will use and would like to pass along, consider the following:

- Destash sale on Instagram
- Sell on Etsy
- Gift to a sewing friend
- Donate to a charity shop that carries craft supplies or a non-profit that will use them for activities (for example, after school programs etc.)

TIPS FOR SHOPPING YOUR STASH (OR PURCHASING FABRIC FROM A STORE)

When selecting fabric for a project, consider the following:

- How will it be laundered? Does this suit the garment type and how it will be worn in your wardrobe?
- Drape the fabric over yourself and stand in front of a mirror. Are there ways to get the fabric to emulate the garment you are thinking about making? For example, cinch the waist for a dress with a waist seam, let it hang down long for a long dress or skirt etc.
- Check if the fabric is transparent - this will impact the type of garment you will want to make and if it will need a lining or a layer worn underneath
- If you are making it to be worn with something else, take the garment or swatch with you to check they work together.
- Take your mood board (this could just be a photo or screenshot on your phone) with you. Does the fabric fit with your wardrobe plans?

ORGANISE YOUR STASH

If you have a large fabric stash, it could be a good idea to catalogue your fabrics digitally. This will take a bit of time up front but will mean that you can quickly and easily sort through what you have. You can also add photos to your catalogue so that you don't need to rummage through your cupboard or boxes. The other thing that's great about this option is that you can refer to it when you're out fabric shopping. You might realise that you have the perfect thing in your stash. For a guide on how to do this, we'd recommend checking out this article from Helen's Closet - this article is about organising patterns, but can be used in the same way for organising fabrics. <https://helensclosetpatterns.com/2017/11/28/how-to-organize-your-patterns-using-trello/>

STORE YOUR STASH

Once you have sorted and labelled your fabric, there are countless ways to store it. It is a good idea to keep fabric in a cupboard, drawers or boxes to prevent it getting dusty or sun-damaged.

We like to use cardboard comic book dividers to help fold the fabric. This gives something to support the fabric and helps all the folded fabric to be the same dimensions, which makes it easier for putting in cupboards, boxes or drawers. You could also cut corrugated cardboard boxes into pieces of the same size.

PATTERN LIBRARY

ORGANISE YOUR STASH

Just like your fabrics, there are countless ways of organising and storing your pattern stash. If you have a large stash of patterns and find it difficult to keep track of what you have on-hand, consider using Trello to categorise and organise your patterns. <https://helensclosetpatterns.com/2017/11/28/how-to-organize-your-patterns-using-trello/>

STORE YOUR STASH

When it comes to storing patterns, this will depend on the space you have. We like storing our PDF patterns in A4 envelopes so that we don't have to fold the pieces up too small to fit them in. We can then print a specification sheet (see p 45) and stick it on the front.

When we're working on developing a pattern, we hang our samples on a coathanger and hang the patterns on pattern hooks so that everything can stay together on a hook or garment rail.

If you print large format patterns and trace them, you are going to end up with a lot of rolled patterns. We like to write the name and size of the pattern on the outside of the roll so that it's quick and easy to flick through them and find the one that we need.

It's a good idea to store your digital patterns in the cloud to avoid heartbreak / lost patterns if a computer hard drive fails! Use Dropbox or Google Drive (or similar). It's also handy to have them available in the cloud so you can check fabric suggestions and fabric requirements while you're fabric shopping.

PLAN

Now that you've had a good look at what you have and what you're enjoying wearing (and not enjoying wearing), we hope you are feeling inspired and ready to plan for the future!

There are many ways you can plan your makes. You can plan for the year, the season, or just as you go. Whatever works for you!

GET STARTED

Look back over the planner so far - read your answers, look through your photos and get in the zone for some planning!

HOW DO YOU WANT TO FEEL WHEN YOU ARE
SELECTING GARMENTS FROM YOUR WARDROBE?

HOW DO YOU WANT TO FEEL IN YOUR CLOTHES?

WHAT ARE YOUR GOALS FOR YOUR WARDROBE
GOING FORWARD?

MAKE A MOOD BOARD

A mood board is a great way to keep track of what you like and what you're aiming for, and can be a great reference when selecting patterns or fabric. You can make a mood board by printing out images and making a collage, or digitally using Photoshop or Indesign. You can also make a mood board by just storing photos in a folder on your computer / phone. We find Pinterest a really great way of storing images, and searching for new ones, so we have described this method below.

CREATE A MOOD BOARD ON PINTEREST

(Go to www.pinterest.com to create a free account to complete this activity)

1. Create a board and set it to private (unless you want it to be public).
2. If you took photos of yourself to keep track of your outfits, upload the outfits you love to the board. This is a great way to ensure the inspiration you are adding match with what is already in your wardrobe.
3. Once you create a pin, Pinterest will automatically find similar images. Have a look through the images that are similar to the ones you uploaded and pin any that reflect your style. Don't worry too much at this stage about everything going together. You can always remove images later on!
4. When you look at your wardrobe do any particular words come to mind? We're not about forcing you into one style of dressing box, but a few words can get you started on your search. For example, you might love wearing bold prints - type 'bold prints' into the search bar. Pin things that inspire you.
5. As you pin, continue to ask yourself the question - would I actually wear this? It's easy to get swept up in fashion, but there's nothing better than making something that you actually want to wear.
6. Search by the garment types you like to wear - for example "high waisted jeans." Gradually build up a library of images that inspire you and reflect the types of garments you would like to make and wear.
7. Search for patterns you own or are thinking of sewing and add images of these to your mood board.
8. As you add more images, Pinterest will keep giving you related images, so you can keep your eye on these to see if anything stands out.

REFINE THINGS

1. As you add images, you will begin to see patterns emerge. You will also find outfits or garments that reflect your personal style better than other. Delete and refine as you go.
2. Are you seeing any patterns emerging?



THINK ABOUT COLOUR

Having a wardrobe with a cohesive colour palette will make pairing things together easier. Creating a colour palette can be a great way to experiment with colours you like to wear and it can also accompany you on fabric buying trips!

1. Is there a colour palette forming in your mood board? If so, describe the colours that you notice.

2. If a colour palette has emerged, is it similar to what is already in your wardrobe?

3. If the two aren't in line, is there a way to pull them together?

Deep dive

Would you like to play with different colour palette options? There are a number of apps you can use! You can even upload photos of garments you like (or a photo of your wardrobe) and generate a colour palette from it. Some apps to check out:

<https://color.adobe.com/create>

<https://coolors.co/>

<https://www.pantone.com/connect>

CREATE A COLOUR PALETTE

Create a colour palette - you can get out coloured pencils, make it digitally (with the help of the apps on p 31), cut squares from your fabric stash or go to the hardware store and get some paint chips. A colour palette doesn't have to be really strict - it's just about giving you some guidelines to work within and can be handy if you're out shopping and you're not sure if a garment or piece of fabric will work with the rest of your wardrobe. Place it up against the palette and check!

There is no right or wrong answer for how many colours to include in your colour palette. Remember, it's not about making strict rules for yourself. It's about getting an idea of what the vibe of your overall style is so that you can make things you are going to love to wear!

MAIN COLOURS

This will be the range of colours you see the most of when you look at your wardrobe or mood board. For example, you might wear a lot of black and navy - this is what you'd put here. More into lighter tones, you might have whites, ivory and soft grey. Perhaps you love to wear rich jewel tones or more muted pastels.

NEUTRAL COLOURS

The colours that will go with just about everything in your wardrobe. Think black, white, navy, grey, tan, camel, khaki.

ACCENT COLOURS

Accent colours will compliment the main and neutral colours. It's likely you will wear these in smaller proportions than your main or neutral colours. For example, you may wear a bright pink top with khaki pants and a denim jacket.

Get inspired

Not sure where to start? Look over your wardrobe and notice that the colours that pop out. Look over the photos of the clothes you wore when you were wardrobe tracking - what colours did you wear the most?

Jump on Instagram and have a look at the grids of your favourite makers. What colours jump out to you? What are the colours of the makes that inspire you or excite you the most?

HAVE A PLAY WITH SOME COLOUR PALETTE IDEAS IN THE SPACE BELOW

[illegible]

TEST IT OUT

TRY READY-TO-WEAR OPTIONS

By this point you should have a fairly good idea of your overall style and the gaps in your wardrobe. Before picking a pattern and making something new, can you go to a store and try something on that is similar? Doing this will give you a good idea of if you feel comfortable in the silhouette or style and will give you a chance to play with garments from your colour palette.

We understand that this is not an option for everyone. Ready-to-wear excludes a lot of bodies. There is nothing wrong with your body. There is something wrong with the stores and the industry and you should not be excluded! You have incredible skills and can sew something that will fit your body.

If you do try this option, take note of the things you like and why.

DRAW

Take a croqui (you can create one to your actual measurements by going to <https://www.mybodymodel.com/>) and start drawing! Try out some of the things you have been thinking about and try out your new colour palette. You can draw on the Project Planning Template on p 36.

SHOP YOUR STASH

Pull out some fabric from your stash that fits your colour palette. Hold it up to your skin and see how you feel. If it's an accent colour, try folding it up so it's the size of a top and pairing it with some pants or a skirt in your wardrobe. Thinking about making a dress in a bold print? Jump in front of the mirror and hold the length of fabric up against your body to get an idea of the scale and how you feel in it.

Tip

If you are not a confident drawer, try printing out the technical sketches of patterns you would like to sew (you should be able to find them in the instruction booklets). You can then trace them onto your croqui or just use them flat and add colour!

PLAN YOUR SKILL-BUILDING

WHAT SKILLS WOULD YOU LIKE TO WORK ON /
IMPROVE OVER THE NEXT 12 MONTHS?

IMAGINE YOURSELF IN 12 MONTHS TIME. WHAT SKILLS
WOULD YOU BE MOST PROUD OF IF YOU LEARNED
THEM?

LOOKING AT YOUR LIST OF GAPS IN YOUR WARDROBE,
HOW CAN YOU SELECT A PROJECT THAT WILL HELP
YOU LEARN THESE SKILLS?

WHAT ADDITIONAL ACTIONS CAN YOU TAKE TO LEARN
THESE SKILLS?

How to learn new skills

There are so many ways to learn new skills! Consider buying a book on the topic (or borrowing one from the library), taking a class, or working with a sewing friend. As you know, skill-building is our jam here at **In the Folds**, so we're always here to help you too! Check out our Q&A series - we have a lot of skill-building posts there!

PROJECT PLANNING TEMPLATE

DRAWING

PATTERN INFO

CONSIDERATIONS

e.g. make it knee length so it matches with X. Include pockets so I can wear it to work etc.

WHAT I'LL WEAR IT WITH

FABRIC SWATCH

SKILL TO LEARN FROM THIS PROJECT

RESOURCES

MENDING/ALTERATIONS TRACKER

Use these pages to keep track of the mending and alterations you need to do! Perhaps you could tick one or two off before you start a new project? They usually don't take long once you get started and will get garments back into your wardrobe rotation!

GARMENT	PLAN OF ACTION	TOOLS / SUPPLIES REQUIRED COMPLETED ☐ DATE _____
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GARMENT	PLAN OF ACTION	TOOLS / SUPPLIES REQUIRED COMPLETED ☐ DATE _____
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GARMENT	PLAN OF ACTION	TOOLS / SUPPLIES REQUIRED COMPLETED ☐ DATE _____
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GARMENT	PLAN OF ACTION	TOOLS / SUPPLIES REQUIRED COMPLETED ☐ DATE _____
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GARMENT	PLAN OF ACTION	TOOLS / SUPPLIES REQUIRED
		COMPLETED ☐ DATE _____

GARMENT	PLAN OF ACTION	TOOLS / SUPPLIES REQUIRED
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GARMENT	PLAN OF ACTION	TOOLS / SUPPLIES REQUIRED
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GARMENT	PLAN OF ACTION	TOOLS / SUPPLIES REQUIRED
		COMPLETED ☐ DATE _____

GARMENT	PLAN OF ACTION	TOOLS / SUPPLIES REQUIRED
		COMPLETED ☐ DATE _____

HOW TO ORGANISE A CLOTHES SWAP

Organising a clothes swap gives you an opportunity to say goodbye to unwanted items of clothing and ensure they're going to a loving home. Most of us have at least a few things in our wardrobe we have been meaning to get rid of, so by organising a clothes swap (or attending one that has been organised by someone else), you can replace your unwanted clothes with some pieces you need to fill the gaps.

To organise a clothes swap:

1 Decide if you want it to be a private or public swap (there are lots of scales of swaps, from a few friends in a living room to a hundred people in a rented space). Decide if you want there to be an entry fee and whether people need to bring clothes to take them away or not.

Get a group of people together. Set a date. Be sure to consider inviting a wide range of people so that you have clothing of different sizes and styles available at your clothes swap to ensure that everyone has some options to choose from.

2 Choose a location for your clothes swap. You don't need anything fancy, but a few clothes racks and a trestle table or two (camping tables are great) will make things easier. If the weather is nice where you live, you could set it up in your garden - otherwise your lounge room will do! You will want room for people to try clothes on and access at least one full-length mirror.

3 On the day of the swap, have some snacks and drinks ready so you can all mingle and hang the clothes so they're ready for swapping. You can sort the clothes how you like - it could be by size or colour.

4 It's up to you how formal you would like the swapping process to be. For formal clothes swaps open to the public, you receive a token for every piece of clothing you bring. This means that for every piece of clothing you donate, you can take a piece from the swap. If you're just doing it among friends, you may prefer to just let people take what they want or just keep track of how many pieces they brought vs what they take.

5 Donate any of the leftover clothes to charity. See p 41 for how to do this in the best way.

Not much of an event planner?

Not to worry if organising events is not your thing! There are large-scale clothes swaps put on by lots of different community groups. You may need to donate a small sum of money to take part. Just have a search online to see if you can find a clothes swap in your area.

THINKING ABOUT WHERE SECOND HAND CLOTHES GO

When you do a wardrobe clear out, you might think that the easiest thing and most helpful thing to do is to donate clothing to charity. Unfortunately this is not always the best option and will depend on the quality of the clothing you are donating. Clothes that cannot be sold will end up in landfill or will be sent to other countries where they flood other markets with poor quality clothing or can end up being destroyed / incinerated. Before donating clothing, consider the following:

MAKE SURE THE CLOTHES ARE WEARABLE

If you can't wear something because it is torn, damaged or stained, it is unlikely that anyone else is going to want to wear it. Mend clothing and remove any stains before donating so that it doesn't end up in landfill.

WASH THE CLOTHES

Make sure the garments you donate are clean. Charities work with limited budget and it costs money to launder clothing that is not clean and ready for sale. Be sure to wash clothes before donating.

CONTACT THE STORE

If you're donating to a local charity shop, give them a call before you come in with your clothes. Ask them what they need and what items would be most useful to them. You might need to shop around to a few stores to get rid of everything you have, but it does mean it's more likely that the clothing will sell. If you've got specialised clothing (i.e. outdoor gear, formal wear etc.) there might be a local charity that looks for these types of items specifically and the pieces will have a much better chance of finding a new home. If you've got a lot of work clothes, it can be a good idea to contact a charity that donates clothing to women working on getting back into the workforce (such as Dress for Success).

TEXTILE RECYCLING

For garments that cannot be worn again, you will need to look into textile recycling options in your community. Some garment stores have take-back schemes that could be worth looking into.

Would you like to know more about the impact of clothing on the planet?

There are a number of great books and documentaries you can watch and read to understand the environmental cost of fashion. We'd suggest a couple to get you started:

The True Cost documentary

Wardrobe Crisis: How We Went from Sunday Best to Fast Fashion Clare Press

To Die For: Is Fashion Wearing Out the World? Lucy Siegle

The Conscious Closet Elizabeth Cline

SELLING 2ND HAND

If you have spent a lot of time and money on your wardrobe, this may be the thing stopping you from getting rid of things you no longer wear. There are plenty of ways you can make a few bucks for the clothes you no longer wear, and this might be a good motivator to find a loving home for your unwanted garments! By selling clothing second hand, you also know that the person buying it actually wants it, so there's less of a chance it will end up in landfill.

EBAY

Ebay is a great option as you can find buyers outside of the area you live. It will take a bit of time to list your clothing and might take some time for each piece to sell. Using the app will speed up the listing process. We recommend trying to get all your pieces online within a couple of days - once you're in the rhythm of taking photos of your garments and listing them, you will find your groove!

DEPOP

Depop is a website specifically used for buying and selling second hand clothing. You may have more luck selling on Depop than Ebay- as people are there specifically looking for clothing, but it will depend on what you're selling. If you're not sure which platform that will work best for you, try listing a couple of pieces on each platform and seeing how it goes.

ETSY

You can't sell everything on Etsy, but you can sell vintage items, handmade items and craft supplies (i.e. fabrics). It will involve a bit more set-up time than the other options, but could be worth it if you would like to continue selling in the future. Etsy will take a percentage of the sale price, so keep this in mind when considering options.

FACEBOOK MARKETPLACE (OR SIMILAR)

With most online platforms you will need to factor in trips to the post office. If you would prefer just to sell to people in your local area, and have them to come and collect from you, Facebook Marketplace (or similar) could be a good option. Word of warning about Facebook Marketplace though, you will come in contact with a lot of non-serious buyers! A lot of people just like to know if something is still available and then you won't hear from them, so that's something to keep in mind.

GARAGE SALE

If you have a lot to sell, you might be better off making a day of it and having a garage or yard sale. You could even consider getting some neighbours together to sell what they have too. The good thing about garage sales is that you can also sell other things - furniture, household items, records etc.

LOCAL MARKET

Another great way to sell a lot of stuff in one day is by booking a spot at a local market. Again, this could be more fun if you find someone else who has some things to sell and you can run the stall together.

CONSIGNMENT STORE

If selling clothes is not your thing, consider taking your clothing to a consignment store. You may not be able to sell each piece for as much as you would if you sold it via a different avenue, but it could be a good idea to get rid of a lot of clothes at the same time.

FABRIC LABELS

FIBRE CONTENT FABRIC WIDTH QUANTITY PURCHASED FROM CARE INFO HAS IT BEEN PRE-WASHED? YES ☐ NO ☐ NOTES	FIBRE CONTENT FABRIC WIDTH QUANTITY PURCHASED FROM CARE INFO HAS IT BEEN PRE-WASHED? YES ☐ NO ☐ NOTES
FIBRE CONTENT FABRIC WIDTH QUANTITY PURCHASED FROM CARE INFO HAS IT BEEN PRE-WASHED? YES ☐ NO ☐ NOTES	FIBRE CONTENT FABRIC WIDTH QUANTITY PURCHASED FROM CARE INFO HAS IT BEEN PRE-WASHED? YES ☐ NO ☐ NOTES

PATTERN SPECIFICATION SHEET

PATTERN NAME

COMPANY

STYLE NUMBER

VIEW

DATE

SIZING

MY MEASUREMENT

SIZE

HIGH BUST

FULL BUST

WAIST

HIP

TECHNICAL SKETCH

PATTERN ALTERATIONS MADE

FABRIC REQUIRED

NOTIONS

NOTES

REFLECTION

Use this worksheet after each piece you sew to keep track of adjustments, what you have learned and what you'd like to work on in the future.

OVERVIEW

Date made _____

Measurements

High bust _____

Bust _____

Waist _____

Hip _____

Size/s made _____

Fabric used _____

WHAT DID YOU ENJOY ABOUT THE PROCESS?

WHAT SKILLS WOULD YOU LIKE TO WORK ON IN THE FUTURE?

ADJUSTMENTS MADE

WHAT PARTS OF THIS PROJECT ARE YOU MOST PROUD OF?

NOTES FOR NEXT TIME

SKILLS LEARNED

IS THERE ANYTHING YOU WOULD DO DIFFERENTLY NEXT TIME?



SKILLS LIST

FITTING

- ☐ Selecting the correct size
- ☐ Measuring myself correctly
- ☐ Small bust adjustment
- ☐ Full bust adjustment
- ☐ Lengthening a pattern
- ☐ Shortening a pattern
- ☐ Altering shoulder width
- ☐ Grading between sizes
- ☐ Swayback adjustment
- ☐ Gaping neck adjustment
- ☐ Forward shoulder adjustment
- ☐ Crotch adjustments

SEWING

- ☐ Invisible zip
- ☐ Button holes
- ☐ Cutting delicate fabric
- ☐ Hand-basting a zip
- ☐ Staystitching
- ☐ Sewing a set-in sleeve
- ☐ Sewing a raglan sleeve
- ☐ Stitching in the ditch
- ☐ Bias binding
- ☐ Sewing a facing
- ☐ French seam
- ☐ Hong Kong bind
- ☐ Serging / overlocking
- ☐ Sewing gathers

TIPS FOR MAKING TIME TO SEW WHEN TIME IS LIMITED

HAVE YOUR SPACE SET UP

If you can keep your space set up (we know this isn't an option for everyone), this will encourage you to sew when you don't have a lot of time to spare. Make sure to tidy up at the end of each session so that it's always ready to go.

TIME HOW LONG IT TAKES TO GET SET UP

If you can't have your sewing space set up at all times, time how long it takes you to set up. You might realise that it takes a lot less time than you think. If you know it only takes a couple of minutes, this will reduce the barrier / resistance when you're not sure if you have the time or energy to sew.

TRY SEWING IN SMALL POCKETS OF TIME

Try sewing in 10-15 minute bursts. If you're working from home, this might mean sewing for a few minutes of your lunch break. It could mean sewing for 15 minutes before you leave for work. You will be surprised what you can get done over the course of a week and also be surprised by how taking 10-15 minutes for yourself like this makes you feel throughout the day.

SEW INSTEAD OF SCROLL

I think a lot of us are guilty of this one (we know we are!). Saying we don't have time to sew, but spending more time than we'd like to looking at other people sewing on Instagram! Consider taking some Instagram-free time and using the time you'd normally spend on Instagram to sew in small windows of time.

USE PROJECT BAGS

Use project bags to keep things organised so that when you do have time to sew, it's all ready to go! You don't need anything fancy - just something that works for you. It could be a clear bag with a zip, or something that can hang in your wardrobe or store in a drawer. When preparing your project bag it's great to have the pattern instructions in there (if you normally print these) and any required notions and thread.

HAVE SUPPLIES READY

It can be a good idea to have a supply of neutral coloured zips and thread on-hand for when you need them. You can often use a different length zip than what the pattern instructs - just make sure you will be able to get the garment on and off. You can also shorten zips that are too long.

NOTES

[illegible]

WE'D LOVE TO SEE
HOW YOU USED THIS PLANNER.

*Find us on Instagram @inthefolds
and tag your posts with #ITFSlowSewingPlanner*

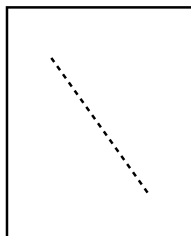
LOVE THIS PLANNER?

*There are plenty more patterns and resources available at
www.inthefolds.com*

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IN THE
FOLDS

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MADE WITH LOVE IN
SYDNEY, AUSTRALIA