

TRANSCRIPT

Time

Time to not be found. It can only be taken. Over time I've come to realize that the most important things in life get done when you make them a priority. And despite having a full life with my family and my friends and my business and creative projects, it is possible to find time to make things. This is the crux of why I started the Taking Back Friday series on YouTube. It was all about understanding and appreciating the necessity of carving out a chunk of time for myself to focus on making the things that brought me personal satisfaction, restoration, and joy. So I'm going to tell you about the two big ideas about finding creative time that I have found that seem to work in my life

For me as a working mother to two young kids, I've found that I have had to sort of cobble together tiny slices of time throughout the day in between family activities and errands. So surprisingly the minutes and the stitches actually add up and this works incredibly well for portable projects like knitting or crochet. I have knit in the grocery line, I've knit at soccer practice at swimming lessons. You get the picture. For less portable crafts like weaving or spinning, if you put your equipment in a more accessible well trafficked area, like in the corner of your kitchen or in the kids' play area, then you can sneak in a little bit of spinning or do a little bit of weaving while your kids play or while dinner's cooking. So here are a few ways to claim a few minutes here and there throughout the day.

The first is breaking down a large project into tiny chunks that can be completed in small sprints. So like threading 800 warp ends. You can do that a little bit at a time. You can set aside 20 minutes a night to your craft before doing other things like sitting down to watch TV, just commit 20 minutes before doing anything, just sit down at your wheel or knit or whatever for just 20 minutes. Just a little bit of time. You can knit or whichever craft for 10 minutes in the morning while you're having breakfast, you can knit for 15 minutes while you're having a lunch break. You can knit while your kids are doing their activities or playing. You can also set a daily or weekly quota of stitches or inches for yourself to work towards in order to achieve that goal. A good idea is to read ahead in your pattern to make sure that you don't make any mistakes and waste time having to unpick or unravel your work. You can multitask with your craft in terms of not working on multiple projects all at the same time, but knit in the grocery line or knit while you listen to audio books or podcasts or knit while you watch TV. Another idea is to wake up extra early, to get more time for your craft, especially if it's one that requires quiet or calm. And finally, you can do it with others. You can multitask by knitting or making things with friends at knit night or at coffee.

Flow time. This kind of time is the Nirvana. It's large uninterrupted, beautiful chunks of time, where you were free to get into a creative flow state. And you get to feel in the zone. When you are in a state of creative flow, everything about the world falls away and your focus is sharpened right on the task at hand. And when I'm in a state of flow, I forget everything. I forget to eat meals. I forget to get up from my chair. I almost forgotten to pick up my kids from school, but thankfully I set an alarm for that. Sometimes you need this kind of uninterrupted time for working on things like a complex lace knitting pattern or figuring out a new design or new colourway. It's just not possible to fit this kind of deep work into the slivers of time afforded by our busy and very active lives. So to get this kind of time, I encourage you to schedule it into your week and protect it fiercely it's sacred, creative making time. Try to block out a whole chunk of several hours for your creative time. We've made an ideal week template that you can

use to sort of plan out your obligations and also block out your creative time in there. I tried to do this for my Friday afternoons and I'll aim to spend it in this attic craft room sort of free from distractions. There are no screens up here and I use this quiet time to fully go into my creative mode.