

Why a Power Hour Works

- Short, focused 60-minute session to move one step forward.
- Clear start and stop boosts speed and lowers stress.
- Small parts add up to a big win and steady progress.

Today's Single Goal

One-sentence goal:

Why this matters:

Done looks like:

Session Summary

Plan

Progress

Next Step

Pick Your Target Before the Hour Starts

Project name:

Exact task for this hour:

Materials ready (list):

Tools ready (list):

Cut all fabric pieces for a zip pouch

Wind three bobbins and test stitches

Assemble the front panel of a pillow

Sort one bin of scraps by color/size

Glue and clamp pieces for a paper craft

Success Criteria & Constraints

Done when:

Risks to focus:

Hard stop at:

Time of day:

If stuck, I will:

Set Up Your Space in Two Minutes

Clear a small work zone

Tools within arm's reach

Materials in order of use

Scrap dish/bin ready

Water bottle filled

Other setup notes:

Kill Distractions Fast

Phone silenced and out of reach

Extra tabs/windows closed

Family notified: one focused hour

Instrumental background only

If a thought pops up, I will note it here:

Choose Your Timing

60 Straight: 50 work / 10 wrap

Pomodoro Pair: 25 / 5 + 25 / 5

Start time:

End time:

Break plan:

Timer Notes & Adjustments

Action Plan for This Hour

Minute 0–5 Prep:

Minute 5–25 Block 1:

Minute 25–30 Reset:

Minute 30–55 Block 2:

Minute 55–60 Wrap & Stage:

Roadblocks & Fixes

What blocked me:

How I fixed it:

Next step I will start next time:

Track Tiny Wins (5 sessions)

Session 1 Date: Goal: Finished:

Session 2 Date: Goal: Finished:

Session 3 Date: Goal: Finished:

Session 4 Date: Goal: Finished:

Session 5 Date: Goal: Finished:

Skill Drills (Pick One)

Straight stitch lines on scrap, then curved

Even seam allowance practice with a guide

Zipper insertion on test pieces

Bias tape application on squares

Hand backstitch rows for neat seams

Notes: