

Protect Your Craft Time: Say No

Quick Start

Use this planner to clear time sponges, practice kind scripts, and block two short sewing sessions each week. Nothing overlaps the header or footer. All fields are fillable.

This Week's Intent

Session A: Day/Time

Task

Session B: Day/Time

Task

One-Line Scripts (Edit as needed)

Script 1

Script 2

Script 3

Script 4

List your big obligations on the left. On the right, capture time sponges you can remove, reduce, or replace. Then choose three changes for this week.

Major Obligations (Top 10)

Time Sponges (Remove - Reduce - Replace)

Remove

Reduce

Replace

Remove

Reduce

Replace

Remove

Reduce

Replace

Remove

Reduce

Replace

Remove

Reduce

Replace

Remove

Reduce

Replace

Step 2: Decluttering Schedule (One Week)

Follow Remove -> Reduce -> Replace, then repeat. Add a craft block each day you clear time.

Day 1 - Remove

Action (what I'll do)

When (date/time)

Done

Day 2 - Reduce

Action (what I'll do)

When (date/time)

Done

Day 3 - Replace

Action (what I'll do)

When (date/time)

Done

Days 4-7 - Repeat

Action (what I'll do)

When (date/time)

Done

Step 3: Gentle Scripts Practice

Edit a few scripts and practice. Keep them short and kind. Check the box when you've used one in real life.

Script 1

Practiced

Used in real life

Script 2

Practiced

Used in real life

Script 3

Practiced

Used in real life

Script 4

Practiced

Used in real life

Script 5

Practiced

Used in real life

Script 6

Practiced

Used in real life

Steps 4-5: Craft Blocks + Time Tracker

Plan two small craft sessions, then log what you actually did. Small minutes add up.

Weekly Craft Plan

Session A: Day/Time

Task

Session B: Day/Time

Task

Time Tracker (Log real minutes)

Date	Project	Planned	Actual	What I did	Notes

Weekly total minutes (sum Actual):