



Tiny Stitches, Lasting Habits



A Simple Framework for Building a Habit That Sticks

If you have ever struggled to answer the question, “*What do you enjoy?*” — this guide is for you.

Creativity is not a luxury. It is an essential part of a joyful, fulfilling life. And that guilt you may feel around hobbies you once loved? We’re letting that go.

Instead, we’re going to rebuild creativity through small, sustainable micro-habits that fit naturally into the rhythm of your day.

Because the truth is: you do not need hours to crochet.

Those 7 minutes waiting in the school pick-up line? That counts.

Sitting beside the tub while your child plays? There’s 10 minutes right there (my personal favorite).

Tiny pockets of time add up. My goal is to help you notice the opportunities already hidden in your day — and use them to build a creative habit that feels calming, achievable, and enjoyable.

1. The Crochet Habit Formula

Every lasting habit follows a simple loop:

Cue ➤ Routine ➤ Reward

- **Cue:** the reminder to crochet
- **Routine:** your crochet time
- **Reward:** the feeling of accomplishment afterward

The secret is making the habit small enough that it feels easy to repeat.

You are not trying to become a crochet machine overnight. You are simply becoming someone who regularly makes space for creativity.

2. Find Your Anchor Point

Instead of relying on motivation, attach crochet to something that already happens every day.

This is called **habit stacking** — and it makes starting much easier because the decision has already been made for you.

Examples of Anchor Points

- During school pick-up
- After morning coffee
- Before turning on the TV at night
- While waiting for dinner to cook
- During bath time

Your habit sentence might sound like this:

“I will crochet for 5 minutes during bath time for the next 14 days.”

Your Turn

I will crochet for _____ minutes during/after _____ for the next 14 days.

Choose something realistic. Small and repeatable is the goal.

3. Create Your Minimum Viable Habit

On busy days, your habit should still feel possible.

Ask yourself: What is the smallest version of crochet that still counts?

Examples:

- 2 minutes
- One row
- 5 stitches
- Weaving in one end

This matters because consistency builds momentum.

And more often than not, once you begin, you'll keep going anyway.

But even if you don't? You still showed up. That counts.

4. Make Starting Easier

Most habits fail because they are difficult to begin.

Reduce friction wherever you can.

Simple Ways to Make Crochet Easier

- Keep your project bag in the car
- Leave a basket beside the couch
- Pre-select your pattern
- Store hooks and yarn together
- Choose portable projects for busy seasons

The easier it is to start, the more likely you are to follow through.

Prepare once. Benefit daily.

5. A Gentle Reminder About Consistency

Consistency is not perfection.

Missing one day does not ruin your progress.

What matters most is returning to your habit without guilt.

Five minutes done often will always beat waiting for the “perfect” free afternoon that never arrives.

Small moments matter. Small stitches count. And over time, those tiny moments become finished projects, calmer evenings, and a creative routine that finally feels like yours again.

Your Crochet Habit Plan

My Anchor Point:

My Minimum Crochet Goal:

My Reward:

I Will Try This Habit For: _____ days

Final Encouragement

You do not need:

- more time,
- perfect conditions,
- or a flawless streak.

You just need:

- a cue,
- a small routine,
- and permission to begin imperfectly.

Start tiny. Stay gentle with yourself. And let creativity slowly find its way back into your everyday life.

When you're ready to take the next step, take the free Momentum Style Quiz. In just a few minutes, it shows you how you naturally build creative momentum, so you can shape your crochet habit around the way you actually work.

Find your Momentum Style here: [Take the Quiz](#)

No pressure – the guide works beautifully on its own. But if you've ever wondered why some habits stick and others unravel, the quiz is the perfect place to start.

 Happy crocheting!

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