



CREATE ROOM JOURNEY

THE create room journey

We are life-long **crafters** and passionate **innovators**. We have over 12 years of experience and expertise in a unique cross-section of de-cluttering **best practices, storage design, workspace design, and organization methods** specifically for crafters. As such, we've canonized this method and developed products based on the best practices we've seen over the years. We are excited to share them with you. The Create Room Journey will guide you **to experience more peace, joy, energy, renewal, growth, and connection through creativity.**

For additional resources, follow along online at www.createroom.com/pages/the-create-room-journey. Find support and inspiration at [#CreateRoomJourney](#) on Facebook or Instagram.

READY TO GET STARTED?

here we go!

this journey consists of 5 interactive steps.

Some will take longer than others. Follow them in order and don't skip ahead. This is a proven sequence to help you go from clutter to creative bliss.

discover



DISCOVER YOUR CREATIVE PURPOSE AND PERSONALITY

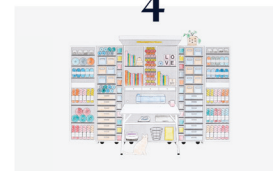


IDENTIFY YOUR BARRIERS AND GET CLEAR ON WHAT'S HOLDING YOU BACK

goals



CREATE AND ACHIEVE YOUR GOALS



GET ORGANIZED - ONCE AND FOR ALL



CREATE ROOM EVERYDAY AND MAINTAIN YOUR NEW FOUND CRAFTING JOY

barriers

organize

craft

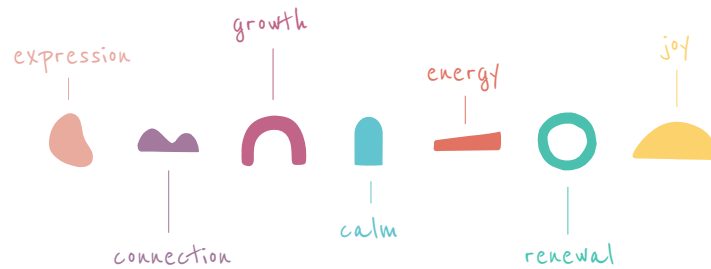


discover your creative purpose and personality

The first step in the journey is to clearly see the role creativity plays in your life and why you value it. This is a critical place to start, as it will give you the motivation to make the changes you seek.

EXPLORE YOUR CREATIVE PERSONALITY

Creating something with your hands is a powerful process. It fulfills deep human needs. Through years of working closely with creators, we've discovered seven distinct reasons why we are driven to create—expression, connection, growth, calm, energy, renewal, and joy.



Use the next two pages to recall how your own crafting experiences have met each of the seven needs. Some may be easier to recall than others, and that's okay. Just start with whatever first comes to mind. Don't worry if you don't finish all seven. It's most important to reflect on the core needs that you're most drawn to.

AS YOU REFLECT ON EACH EXPERIENCE, MAKE NOTES:

what were you creating?

were you alone or with others?

describe the environment...

who/what was it for?

RECALL A CRAFTING EXPERIENCE THAT PROVIDED:



expression "I WANT TO MAKE MY MARK."



connection "WE'RE HAVING A MOMENT TOGETHER..."



growth "DID I REALLY SIGN UP FOR THIS?"



calm

“I’M A STEADY BOAT FLOATING DOWN THE RIVER.”



energy

“PUMP UP THE MUSIC. CRAFTING IS MY JAM.”



renewal

“LIKE A COLD GLASS OF LEMONADE ON A HOT SUMMER DAY.”



joy

“IS IT JUST ME OR ARE THERE BIRDS CHIRPING?”

DEFINE YOUR CORE CREATIVE PURPOSE

Through this exercise, you probably noticed that some experiences came much more quickly than others. Go back to your sheet now and number them in order (1-7) according to which experiences were easiest to recall OR which were the most meaningful to you.

The need that corresponds with your #1 is very likely to be your core creative purpose. With #2 and #3 being your secondary purposes. Learn more about each creative purpose on the next page.

Knowing your core and secondary creative purposes (or WHY you create) will keep you motivated along the journey and allow you to more intentionally fulfill these needs. One thing to note—your creative purpose may change as you go through different stages and phases of life.

**GROWTH**

This arch represents stretching high and then touching down in confidence. If this is your core creative intention, you create to learn and grow. You seek new experiences and challenges.

**CALM**

This shape rests securely on the ground and rises up toward the open air. If this is your core creative intention, you create to escape and relax. You seek less stress and more peace.

**JOY**

A bright sun rising over the horizon. If this is your core creative intention, you create to share and experience joy. You seek happiness and positivity.

**CONNECTION**

Two shapes join to form one. If this is your core creative intention, you create to connect and seek deeper meaning in all things.



RENEWAL

The circle is the symbol for the cycle of life. If this is your core creative intention, you create to release and reset. You seek refreshment.



EXPRESSION

This is an amoeba shape, symbolic of life. If this is your core creative intention, you create to express yourself and seek to share your unique voice.



ENERGY

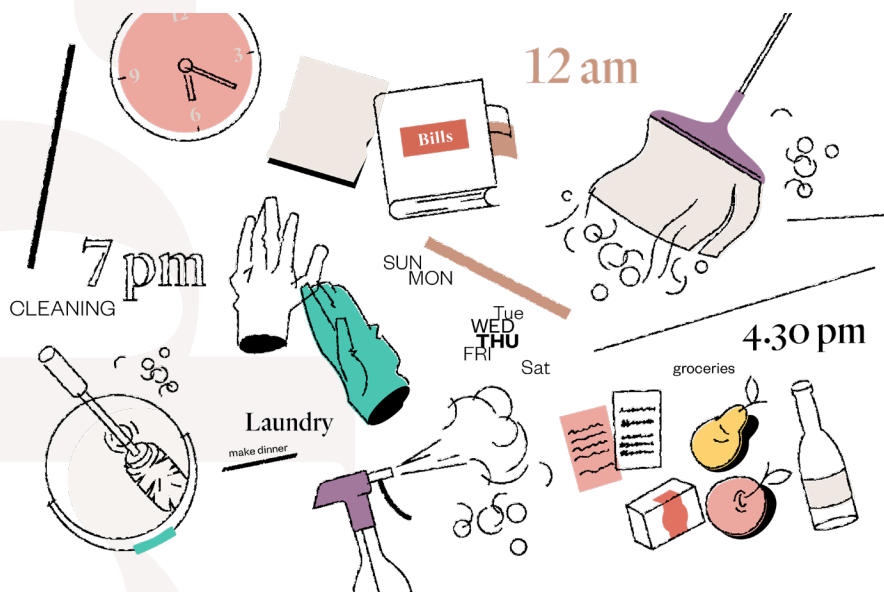
This shape rises to the right, signaling an increase in tempo. If this is your core creative intention, you create to feel energized and seek more excitement and zest for life.

PICTURE YOUR SUCCESS

Let's take some time now to envision future creative experiences and the ideal environment to fulfill your creative purposes, core and secondary. Write it down. Be specific.

For example, someone whose core creative purpose was renewal, with connection and joy as secondary, might envision something like this — "I have my own creative space where I can go to feel refreshed. There is enough room for my loved ones to join me. The things I create are primarily to bring happiness to others."

identify barriers to creativity



Now that you're clear on your creative purpose, we will work to identify what might be getting in your way. Rest assured, once you've identified the roadblocks, we'll give you guidance to remove them in step three.

THE 8 BARRIERS TO CREATIVITY

A barrier is anything that restricts access. You may already be aware of some of yours, but others are likely lurking undetected. In the last 12 years of working closely with creators and visiting hundreds of their homes, we've found eight specific barriers to creativity: storage, organization, workspace, time, energy, confidence, skills, and tools.

Use the next page to uncover your barriers to creativity in order of most applicable. Number one should be your biggest barrier.

**WHAT'S STOPPING YOU FROM CREATING?
RANK ALL THAT APPLY.**

storage I am disheartened because my supplies are scattered all over my house. I don't have a dedicated place to store everything.

organization I don't really know where everything is; what's in different bins and drawers. Hence it takes too long to set-up a new craft project.

workspace I don't have a dedicated place to work that is big enough and/or my workspace isn't in the same area as where I store supplies.

time I have too many other important things that need to be done. I can't get started because I'd need too much dedicated time to get set-up. I can't justify the time.

energy I find that when I do have time to create, I lack the energy and motivation.

confidence I am judgmental of my creations and lack confidence. This makes crafting stressful and often disappointing.

skills I want to create more, but I don't feel like I have enough skills or knowledge.

tools I don't have the right tools and materials to create what I want.

other _____

WE ALL HAVE BARRIERS TO OVERCOME.

By identifying them, you have taken a big step towards more creative joy.

**now let's work to get
them out of your way.**

c.r.e.a.t.e. goals



Well-written goals with a clear vision and specific results ensure success. When you know where the end zone is, you know how to score. The CREATE method is a framework to compose goals that are recipes for success.

CREATE GOALS TO REMOVE BARRIERS

C.R.E.A.T.E is an acronym of the specific elements needed to write goals that ensure success.



Here is an example of how to improve your goals by using the CREATE method.

c	<p>CONCRETE State your goal</p>	<p>What do you ultimately want to achieve? Write it down in simple form.</p>	<p>I want to learn new crafting skills.</p>
r	<p>REALISTIC Make it reasonable</p>	<p>Think about scope. Ensure your goal is reasonable and achievable.</p>	<p>I will learn <i>one</i> new crafting skill.</p>
e	<p>EXACT Get specific</p>	<p>Add specifics and measureable details.</p>	<p>I will learn to <i>crochet a beanie</i>.</p>
a	<p>ACTION ORIENTED Define the steps</p>	<p>What are the steps needed to accomplish this goal?</p>	<p>I will <i>watch YouTube tutorials to learn how</i> to crochet a beanie.</p>
t	<p>TIME BOUND Create a timeline</p>	<p>Identify the timeline of your steps and a deadline to complete your goal.</p>	<p>I will spend <i>one hour each day this week</i> watching a tutorial and practicing. <i>I will crochet my first beanie by the end of this week.</i></p>
e	<p>EXCITING Align with your purpose</p>	<p>Ensure that your goal aligns with your creative purpose and helps you overcome your creative barriers.</p>	<p><i>To feel more joy and energy,</i> I will spend one hour each day this week watching a tutorial and practicing crochet. I will crochet my beanie by the end of the week.</p>

We recommend setting a C.R.E.A.T.E goal to help you overcome your top three creative barriers identified in step 2. Before you get started, review our goal setting tips for each barrier type -

barrier: time

Tip: Maximize your time with a designated craft space.

You can save 20 minutes when all of your supplies are ready when you are. Make a CREATE goal to set up a designated place, your time-saving craft haven.

barrier: tools

Tip: Reverse engineer it.

Search the web for crafts by material type, by materials you already own. If you keep all of your supplies visible in clear totes, you can quickly take an inventory of your stash. Make a CREATE goal to organize your supplies and tools in clear totes.

barrier: energy

Tip: Identify the root cause.

The two most common causes for lack of energy and motivation are:

1. A fear of failure -- Take small steps. Make a CREATE goal to improve your skills
2. A lack of inspiration -- Find a project that touches you deeply. Perhaps you need to make a CREATE goal to craft something for someone you love.

barrier: confidence

Tip: Stop comparing yourself to others.

It's easy to compare in the Pinterest world we live in. We all do it. Remember, for every beautiful craft posted, there were two or three failed attempts. Make a CREATE goal to keep your successes in view. Display them in your designated craft space.

barrier: skills

Tip: Start small

Learning new skills can feel overwhelming. Break down your big goal into smaller ones. If your goal is to learn to sew a dress, start with learning a basic hem and seam techniques. Make a CREATE goal to watch YouTube tutorials or attend classes to learn all of the essential techniques.

barrier: storage

Tip: Gather it all up

Before you can overcome this barrier, you'll need to first assess what you have. We'll walk you through this in step four. Then we'll help you find the optimal storage solutions that will serve you now and in the future.

barrier: organization

Tip: Hang tight. More to come in step four.

We have deep expertise here—enough to make it a whole step of the Journey! We will share all our best practices for long lasting organization in step four.

barrier: workspace

Tip: Start scouting it out.

We'll go deep here in step four as well. For now, start scouting out the room or space you will do your crafting in. You need one set place - a command central, where your workstation and supplies will be. If it's going to take a good deal of maneuvering, set a CREATE goal to clear out the space and prepare to move in.

NOW IT'S TIME TO WRITE YOUR OWN CREATE GOALS.

Using this method (along with some discipline) will ensure you overcome your barriers.

**define the top barriers to
creativity that you want
to overcome.**

This will inform your creative goal. Refer back to step 2.

BARRIER #1:

concrete What do you ultimately want to achieve? Write it down in simple form.

realistic Think about scope. Ensure your goal is reasonable and achievable.

exact Add specifics and measureable details.

action oriented Determine the actions required to accomplish this goal.

time bound Set a time frame and deadline for completion.

exciting Ensure that your goal aligns with your creative purpose and helps you overcome your creative barriers.

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Ensure that your goal aligns with your creative purpose and helps you overcome your creative barriers.

Write your completed C.R.E.A.T.E goals here. Tape this page up somewhere you can see it everyday to keep yourself motivated.

c.r.e.a.t.e. goal #1

c.r.e.a.t.e. goal #2

c.r.e.a.t.e. goal #3

get organized



Organization is critical to create a space that inspires and motivates. We've been in hundreds of craft rooms and polled thousands of creatives. Our research leads us here—your fool proof guide to create room and get organized in your own craft haven.

A FEW TIPS

Before you get started, here are a few tips -

Follow the organization steps in order. There is a proven method to the sequence.

Don't shop ahead. Don't go buy a bunch of items and organize into them; yes, not even our DreamBox and totes. Let's first assess what you need. Organizational furniture and bins should be purchased once you know what you are trying to contain and in what quantity.

Don't get overwhelmed. This is a large project. If you have ten years worth of projects and supplies, you will not get it done in a few hours. But you can chunk it into segments. Set CREATE goals with realistic slots of time. This will allow you to take breaks and celebrate small successes.

Get inspired. Watch videos on our YouTube channel or consult Pinterest for craft room makeovers. Ground yourself by recalling your creative purpose and why creating is so meaningful for you.

We are here to help. If you are going through this organization process with a DreamBox, and you get stuck or have a question, call or chat with one of our furniture experts.

ok, now you are
set for success.

LET'S GET STARTED!

MY NAME:

MY CORE CREATIVE PURPOSE:

MY HOPES AND DESIRES FOR MY CRAFT ROOM:

I. prepare

IDENTIFY YOUR CRAFTING LOCATION

Start by assessing your current state. This will help you understand what is lacking, how to take the next steps, and ultimately how to find success. Answer the following questions based on your current situation.

YES NO

- I have one dedicated place to craft
- I have sufficient table space
- I have easy access to my tools and materials
- I have adequate storage
- It is easy for me to take an inventory of all my tools and materials with a quick glance
- I feel inspired in the environment where I create

We recommend having one dedicated crafting place, where your tools and materials are in view and within reach. Start by identifying a dedicated crafting location, working with what you have available.

Where will your new craft haven reside? _____

Give yourself a tidy space.

Stop here. Before you move onto the next step, go to the space where your craft haven will reside. Clean up and get it ready for organization! Get everything, including furniture, out of the way. It's best to start with a clean space to work.

2. gather and sort

GATHER IT ALL UP

Put a check mark next to every place your craft supplies might be hiding. Once you've retrieved all the items from a specific location, cross it off. When you're finished, all of your crafting tools, materials and machines from all over the house should be in your designated crafting location.

- Bedroom
- Office
- Basement
- Kitchen
- Garage
- Laundry Room
- Family Room
- Craft Room
- Spare Bedroom
- Other _____

POWER SORT ALL ITEMS

With everything spread out and visible, group the individual items into larger categories by craft activity. For example, kids crafts, sewing, painting, home DIY, etc. Then further sort each craft activity pile by types of materials.

DETERMINE WHAT STAYS AND GOES

For this step, you'll want a garbage bin and recycling box nearby. Go through each craft activity pile and decide which tools and materials you will keep, throw away or donate. Take consideration as to how frequently you actually use the materials and be honest with yourself. Identify duplicates. Use this structure for guidance.

Craft activities I do most often: _____

Craft activities I do sometimes: _____

Craft activities I do rarely: _____

Craft activities I hope to do more: _____

3. design your inspiring workspace

Now that you have a clear understanding of your crafting tools and materials, it's time to plan out the space. This isn't just any space, it's your new command central. It should be an integration of a work table with all of your supplies in view and within reach.

Here is some guidance to help you plan.

Size and shape of your table - How much workspace do you need? Determine this by laying out the supplies and tools for a typical craft project on your kitchen table. Perhaps you want an L or U shape configuration. Do you like to stand or sit while you work? Do you want room to invite others to craft with you?

Storage and organization system - How will you organize? Will you design a system yourself or purchase one? Write down specific ideas of how you will store your materials. As you plan, remember these 5 best practices: (1) use totes as drawers (not stacked bins) (2) use right-sized totes for your supplies (3) use totes with subdivisions (4) use transparent totes (5) use wall space as organization.

MAP IT OUT

As Plato said, we should create our future spiritually before we create it physically. That is, try to envision and plan the space first. If you plan to buy a DreamBox, use the planogram on the next page to map out the space.

TIPS FOR PLANNING YOUR SPACE

Designate the areas in closest reach for your most used tools and supplies.

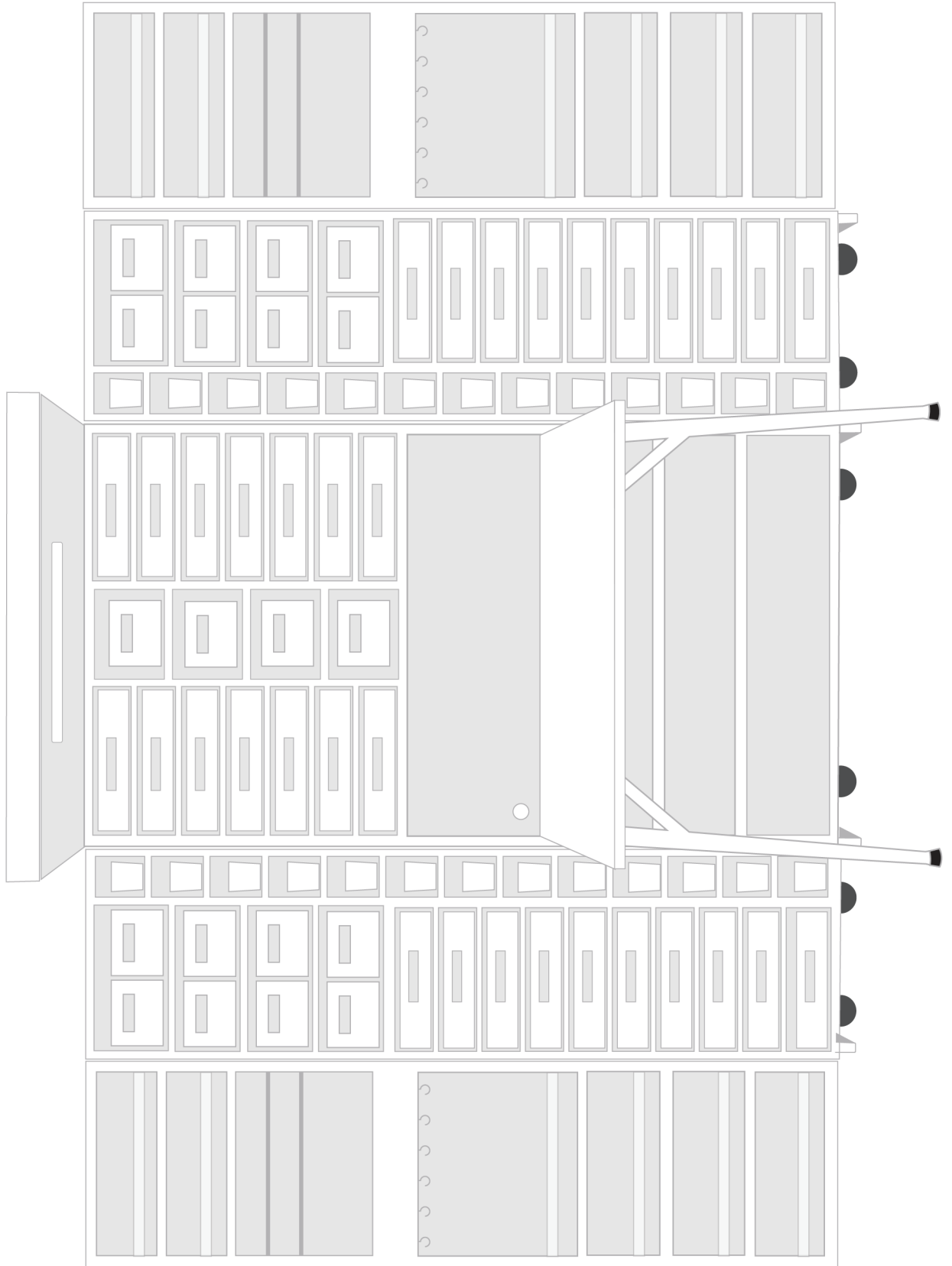
Save space at eye level, front and center, for things you love to look at, your inspiration.

If you have kids or grandkids, reserve the higher areas for materials you want out of their reach.

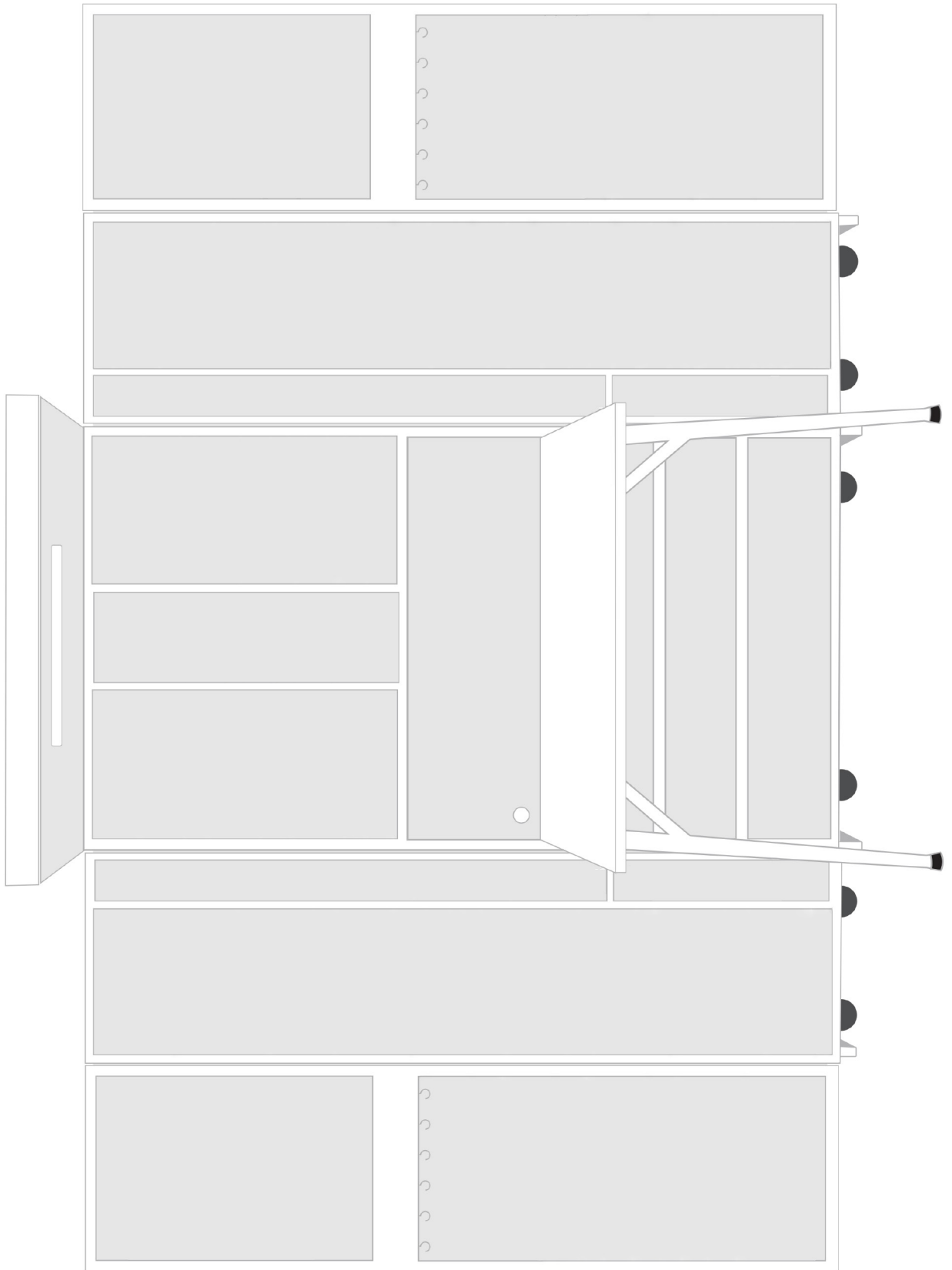
Put the things you need less frequent access to below the table.



CREATE ROOM



CREATE ROOM



4. move in

Time for the fun part! Check off each step as you've completed it.

FILL THE TOTES:

Refer to your plans and remember to use the right sizes for your craft supplies. Adjust the DreamBox (or other shelves) to the appropriate height to not waste a single inch of space. Remember, the more efficiently you store your supplies, the more you can fit. This means more craft activities to enjoy!

MAKE IT YOURS

What inspires you? Some crafters love to surround themselves with bright bold color. Others love a sophisticated luxe look. A vast majority want to keep it simple and functional. What's your style?

LABELS IF YOU LOVE THEM

Some desire extra clarity. Labeling ensures you'll know quite quickly where your stuff is stashed. We suggest adhesive sleeves with paper inserts. You can print out your descriptions in your favorite font. This maintains a consistent look and you can change them as needed.

A FULLY FUNCTIONING SPACE

What do you need to add to make your space fully functional? Need power? Position an outlet strip at the back of your table space. Make sure it has USB ports as well. Adhere it to the wall to get it off of your tabletop. We recommend a tablet holder to get your device off of your desk as well. For a luxe crafting experience, use surround sound speakers. If you have a DreamBox, see the Power Package.

CELEBRATE AND SHARE YOUR SUCCESS!

Congrats! You have arrived. Share your space with others. You have the power to motivate others to create room for more crafting joy and peace in a haven just like yours.

create room everyday



In this final step, we'll share our best practices to help you maintain your new found crafting joy and create room everyday. The journey doesn't end here.

THE IMPORTANCE OF GOOD HABITS

It is human nature to slip into auto pilot. Without intention, we can easily fall back into our old routine— the one without room for our creativity. As we've worked closely and studied creators over the last 12 years, we have observed the importance of good habits. The little things you do each day really do make a big difference!

Below, you'll find the best practices we've collected over the years for daily, weekly and monthly habits to maintain your crafting joy. We know some of these things will not come naturally, so before we begin, we wanted to share three basic habit-setting tips.

START SIMPLE AND GROW OVER TIME -

It's easy to get excited and want to do it all at once, but best to take it slow. Building a habit requires time and consistency. If your ultimate desire is to spend time crafting every day, first make it a habit to carve out time to craft two to three days a week and build from there.

IF YOU SLIP UP, GET BACK ON TRACK -

Things won't always go according to plan. Don't throw in the towel when it happens. If you are trying to maintain a clean workspace, but a particular project puts you back into complete chaos, don't give up on your system. Set aside time to reorganize and get back on track.

CELEBRATE SMALL WINS -

Take pride in the strides you are making step by step, rather than just waiting to celebrate the end result. Progress is progress, no matter how small!

DAILY PRACTICES

We recommend creating daily, weekly and monthly practices to keep yourself on track. Here are some ideas that we've seen to be very beneficial.

GIVE EVERYTHING A HOME

When you purchase a new type of supply, give it a home right away. If your DreamBox (or storage system) is full, remove some less important supplies and put them in a secondary storage area. Replace them with your new supplies for upcoming projects. (CreateRoom overflow storage totes coming soon).

TIDY AS YOU GO; PUT THINGS BACK

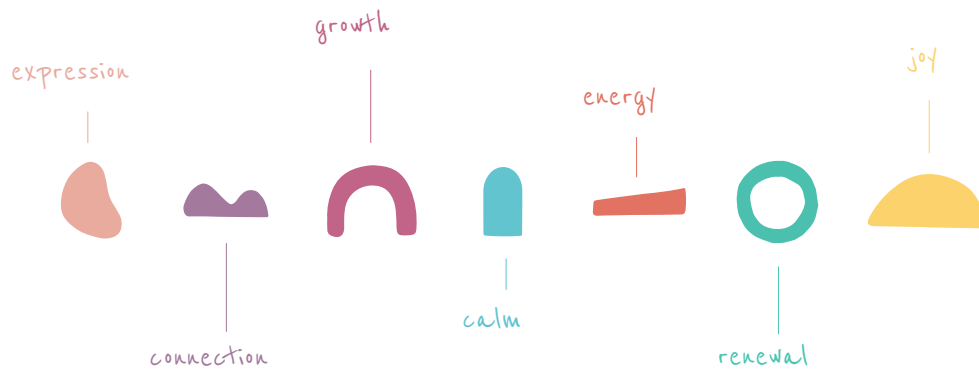
A clean table is the best invitation to craft. Always put your tools and materials back in their homes (their designated DreamBox totes). Every project-in-process should have it's own dedicated tote. Litmus test: Could you close your Dreambox? If not, finish putting things in their designated totes.

KEEP A DEDICATED CRAFTING PLANNER

Use a planner to track your CREATE goals. From learning new skills to completing projects-in-process, timelines and milestones will help you accomplish your goals. Check your planner daily. (Create Room planner coming soon!).

SET YOUR CREATIVE INTENTION EACH TIME YOU CRAFT

Creating fulfills deep human needs. You discovered your core creative purpose in step one. Knowing this will help you stay motivated. Additionally, each time you create you can set your intention. What are you seeking? By focusing your mind on a specific intention, you will help bring it into reality and make your crafting experience more meaningful.



WEEKLY PRACTICES

PLAN AHEAD

Pick a day and time for when you will plan your projects and plot out your craft time for the week. This should stay consistent. For example, each Sunday evening after dinner. Planning in advance will help you to be efficient, giving you more time to craft. And you'll have things to look forward to.

**HERE ARE A FEW TIPS TO MAKE YOUR PLANNING SESSIONS
MORE PRODUCTIVE:**

tip 1

When possible, don't plan all of your creative sessions for the end of the week. If there are urgent last minute interruptions, you'll have no alternate opportunities to reschedule your crafting time slot.

tip 2

If you want to create with a friend, reach out ahead of time. There's a better chance you'll be able to find a time that works for both of you.

tip 3

When you've planned your projects for the week, gather the supplies in advance into a DreamBox tote. If you're short of any supply, you can pick it up while you're out and about during the week.

MONTHLY PRACTICES

SERVE

Use your creative skills and abilities to serve others. Use the Create Room For Good page as a resource to find and share crafting service projects and opportunities. Create good at least once a month. Teach your children and grandchildren to serve with you.

STAY CURIOUS

At least once a month, try a new kind of craft. Something new that gets you thinking outside of your regular crafting routine. This will stimulate more creativity and spark new ideas.

SURROUND YOURSELF WITH NEW INSPIRATION

Once a month, refresh your craft space. Perhaps some new photos? Books? Colors? Share and receive inspiration from other creators in the Create Room Family Facebook Group.

NOW, WRITE YOUR OWN DAILY, WEEKLY AND MONTHLY PRACTICES.

daily

weekly

monthly

but the journey doesn't end here...

Congratulations! You've made it all the way.

Don't forget to **share what you've learned and how you will continue to create room everyday.** You just might inspire your friends and family. If you post on Facebook or Instagram, be sure to **use #CreateRoomJourney and tag @CreateRoomCo.** You just might inspire someone else.