

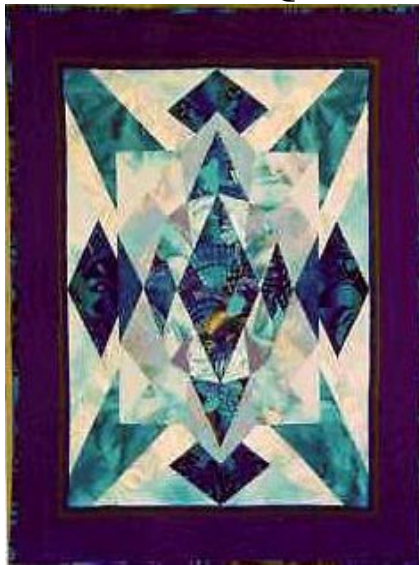
Quilt #1



Quilt #2



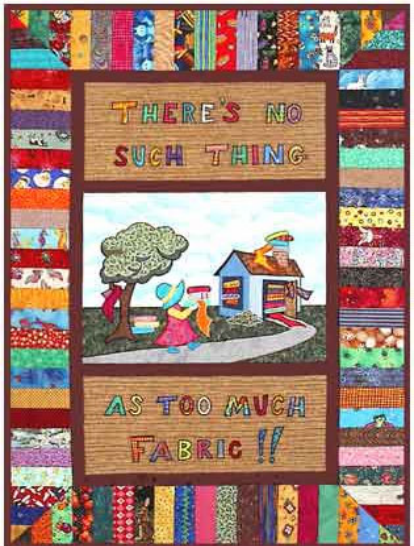
Quilt #3



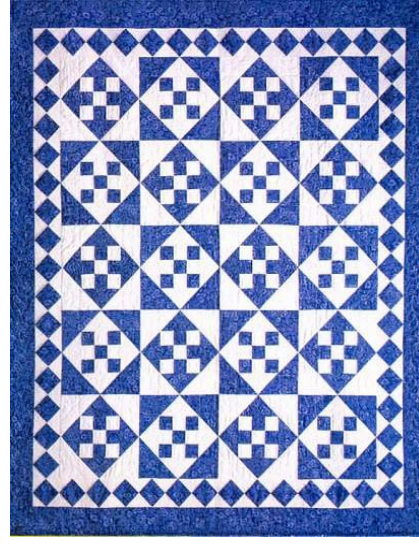
Quilt #4



Quilt #5



Quilt #6



Quilting “Be” Directions

1. Before going on to the other questions, look at the 6 quilt patterns on the first page. Next to each quilt, list 3 adjectives that describe that quilt for you.

Once you have described each quilt, continue with questions 2 through 9.

2. Which quilt do you like most? Number _____ List Adjectives:

3. Why? _____

4. Where in your life do you feel the qualities associated with that quilt?

5. Which quilt do you like least? Number _____ List Adjectives:

6. Why? _____

7. Where in your life do you feel the qualities associated with that quilt?

8. What would have to change to make that area of your life feel like the quilt you like most?

9. What 3 steps can you take this week to move you closer to that goal?

Louise Morganti Kaelin

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