

A quick and meaningful stitch for the 5x7 hoop, this free bookmark is a gentle reminder to **Reflect, Plan and Dream** as you welcome the new year. Made completely in the hoop, it's perfect for books, planners, journaling — or as a thoughtful handmade gift.

FINISHED SIZE

- 2 by 7 inches
- 5.4 by 17.8 cm

MATERIALS FOR COASTERS

- 2 layers of fabric type water soluble stabiliser
- 2 pieces of fabric, 6 x 8 inches
- Matching bobbin thread for outer edge
- Optional: tassel

STABILISER AND HOOPING

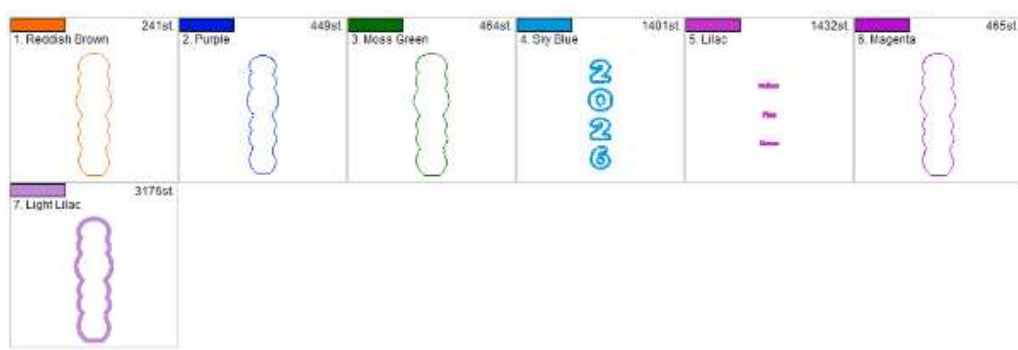


Hoop 2 layers of fabric type water soluble stabiliser

Use pins at the hoop edge to ensure no stabiliser movement

If you are new to this technique
[Click here to watch Kay's hooping video](#)

CONSTRUCTION



STEP ONE – THE FABRIC PLACEMENT LINE



Thread your machine with a neutral colour

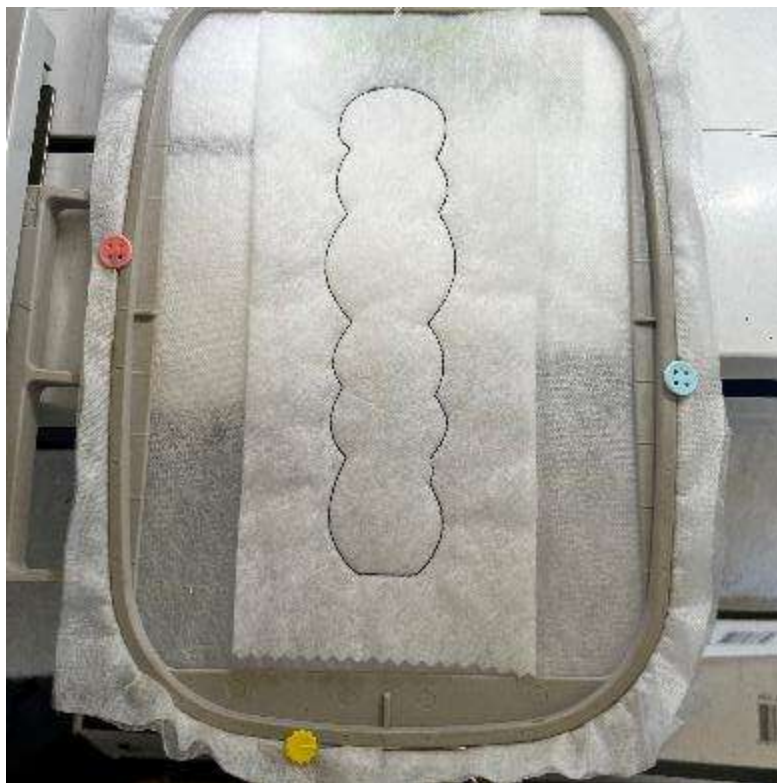
Stitch Colour 1, which is the outline of the design and shows you where to place your fabric

STEP TWO – OPTIONAL TASSEL



Tape your tassel in place outside the stitch line area (top or bottom)

STEP THREE – BATTING



Place thin batting over the guideline

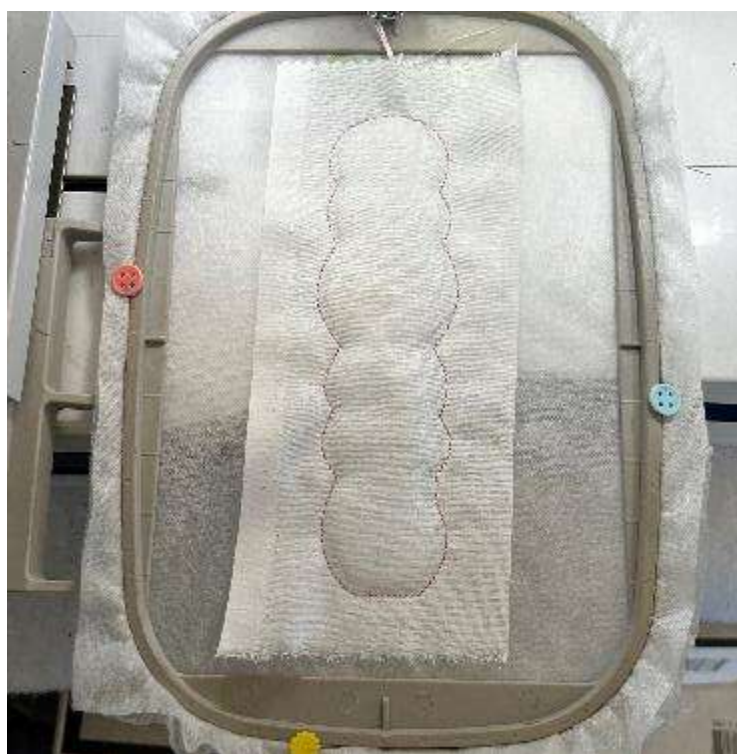
Stitch Colour 2 to attach



Cut away excess
batting

There is a small gap
between the original
outline and the
batting - this is
correct, it keeps the
batting out of the
seams

STEP FOUR – ADD FABRIC



Place your fabric over
the guideline

Stitch Colour 3 – to
attach



Stitch inner design

Colour 4 - 2026
numbers – (pink)

Colour 5 – Reflect,
Plan, Dream wording
(purple)

(skip wording if you
prefer)

STEP FIVE – ADD BACKING FABRIC

BACK OF HOOP

Place the backing
fabric, **WRONG** side of
fabric facing the hoop

Tape in place securely
outside the stitch line





Return hoop to the machine

Stitch Colour 6 to attach the backing fabric

STEP SIX – TRIM EXCESS FABRIC

Cut away excess fabric on the front and back of the hoop



STEP SEVEN – COMPLETE EMBROIDERY



Change the bobbin thread to match your top thread

Stitch Colour 7 to complete the satin stitch edge (white)


STEP EIGHT – FINISH



Cut away stabiliser close to the satin stitch edge

Use a Q-tip and hot water to remove the water soluble stabiliser from the edges

To completely remove all stabiliser – pop in washing machine – once dry and pressed it will be like new

	<p><i>I wish to extend a heartfelt thank you to my amazing Angel Ladies, Beverly, Darina, Faye, Flo, Kay W, Louise and Sandy, who generously give their time to test and perfect my designs. Your creativity and passion mean the world to me, and I truly couldn't do this without you. You make sure every design is the best it can be, and I'm so grateful for all your hard work and dedication!</i></p> <p><i>A special thank you to Kim, who runs our fantastic Facebook Group, to Kay for creating the incredible videos that bring these projects to life, and to Flo for proofreading these instructions — your attention to detail makes all the difference.</i></p> <p><i>It takes a village!!</i></p> <p><i>Heather</i></p>
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QUICK LINKS

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