

# Create n' Grow



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## Hand Embroidery & Colouring Page A Free Creative Download to Inspire Your Next Step

### October

Start where you are, use what you have, do what you can  
- Arthur Ashe

Hey lovely!

This month's quote is one of my favourites: "Start where you are, use what you have, do what you can." A reminder that you don't need to wait for the perfect moment to begin creating the change you want to see in the world. Whether you're dreaming big or just trying to get through the day, you have everything you need within you right now.

This colouring and hand embroidery template is my way of helping you reconnect with your creativity, calm your mind, and take a moment for yourself. I believe that creativity in all its shapes and sizes has a profound impact on our emotional well-being, and it doesn't take long to feel its benefit.

Whether you stitch it or colour it, I hope this design brings a little peace and inspiration into your day.

Remember to tag me [@candida\\_bradley](#) when you share your creation—I'd love to see it! *Candida Bradley*

## Join Our Creative Community

By joining my email list, you'll receive free downloads like this one each month, along with exclusive tips and resources for building confidence, emotional resilience, and pursuing your visions. You'll also get first access to workshops and special offers on my coaching services. To stay connected, head over to [website link] or follow me on social media at [Instagram/Facebook/Twitter handles]. And don't forget to use #Createngrow when sharing your creations!

## Let's create Together

I'm passionate about helping empaths, creators, and visionaries bring their ideas to life. I know that many of you are deeply committed to helping others but may feel stuck or overwhelmed. That's where I come in. Through my coaching, I create a warm and compassionate space for you to explore your feelings, overcome self-doubt, and find clarity and confidence. I don't just guide you through your challenges; I help you unlock your potential and make those visionary ideas real. Together, we'll take practical, creative steps toward your goals so that your impact is as profound as I know it can be. I'd love to connect. I offer 1 to 1 coaching and Rise n' Thrive, a bitesize self development course designed to build emotional strength and resilience.

Special Offer: Sign up today and receive a 10% discount on a Rise n' Thrive module. Let's get your ideas out into the world where they belong! Use code: createngrow

# How to Use This Design

The next pages will include both the hand embroidery outline and colouring page design.

Colouring Page:

- Colouring is a wonderful way to relax and practice mindfulness. You can print this page as many times as you like. Experiment with different colours to match your mood or try shading to give the words and shapes depth.
- Remember, this isn't about perfection—it's about expressing yourself, enjoying the process, and embracing where you are right now.

## Colouring

Let your creativity flow — this is your time to unwind and explore.

Colouring isn't just for kids — it's a powerful way to relax, focus, and express yourself. Whether you have a favourite set of pencils, crayons or paints, here are a few tips to help you get the most out of your colouring experience. Remember, this isn't about perfection. This is your time to slow down, tune into your creativity, and let go of any judgment. Whether you stick to one colour or go wild with every colour in the box

### 1. Pick Colours That Speak to You

Choose colours that fit with how you're feeling or how you want to feel. Cooler tones like blues and greens can be calming, while warmer tones like reds and yellows can lift your energy. Go with whatever feels right in the moment.

### 2. Try Layering or mixing your own colours

For added depth, experiment with layering lighter and darker shades. Start with a base colour, then gently build up layers to add dimension and bring your design to life. Or why not add your own patterns? It's all about enjoying the process!

### 3. Create Contrast

If you want specific words or shapes to stand out, use contrasting colours. For example, a bright yellow against a deep purple will instantly draw attention and create a sense of balance.

### 4. Colouring Materials

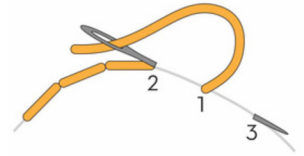
Feel free to use whatever you have! Coloured pencils are great for softer blending, while markers will give you a more vibrant finish. If you're looking for something a little different, try watercolours for a soft, fluid feel (just make sure to print on thicker paper).

Enjoy the calm that comes with creativity, and don't forget to share your piece with #Createngrow!

# Embroidery

The beauty of this design is that it's entirely yours, take it stitch by stitch - there's no rush, let the process be as meditative as the finished piece. Trust your instincts — there's no wrong way to do it.

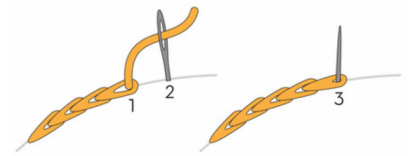
- This pattern is designed to be simple but meaningful, with plenty of room for your own creative flair whether you're new to embroidery or have been stitching for years..
- Use any colours you love and here are a few simple stitches to get you started.



## 1. Backstitch

This is perfect for outlining text or creating clean lines in your design.

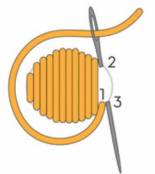
- bring your needle up, about a stitch length away from your starting point. Now, going backward, insert the needle down at the starting point. Come back up a stitch length away from your last stitch. Insert the needle down through the same hole as the last stitch. This will join the stitches. Continue along the line in this way.



## 2. Split Stitch

Use this stitch for a textured look, especially on thicker outlines.

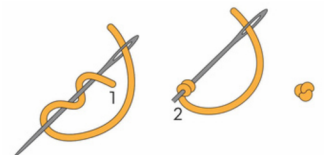
- To begin, bring your needle up at your starting point. Then, insert the needle down a stitch length away, creating a single straight stitch. Now, bring the needle back up, going through the center of the last stitch, splitting the strands of that stitch. Continue working your way forward, splitting the stitch as you come up each time. To end this stitch, after you've come up through the last stitch, simply send the needle down a half a stitch length away from your last stitch.



## 3. Satin Stitch

This is great for filling in shapes or letters with a smooth, solid look.

- Bring the needle up from the back of the fabric on the edge of the image you want to fill in. Now, insert your needle down into the opposite side of the shape you are filling in. You will want to go directly across from where you came up on the other side. Bring the needle back up on the edge you first came up on, about one to three fabric threads away from the first stitch. Then, insert the needle directly across again. It's important to come up on the same side each time to keep your stitches from being pulled out. Continue this process of coming up on one side and going down on the other until your shape is filled in. The goal is for the stitches to lay right next to each other. Follow the outline of the shape as a guide.



## 4. French Knots

Add cute little dots or details with French knots—perfect for a bit of texture!

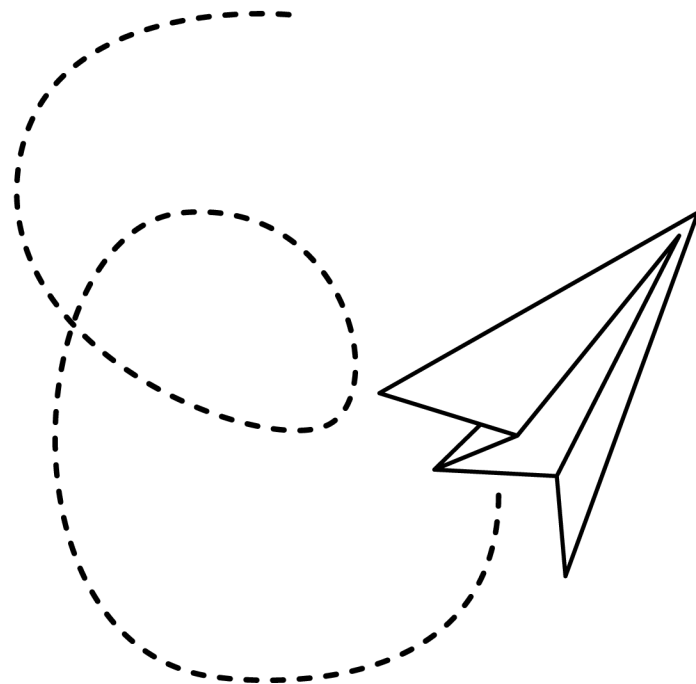
- Bring the needle up within the dot where you want the French knot to be. The trick here is to not come up in the middle of the dot, but off to the side. Now, holding the floss away from you, point your needle away from your fabric, toward the hand that's holding the floss. (Pointing the needle away from your fabric is an important step!) From this angle, wrap the floss around the needle twice. Now, holding the loops onto your needle, turn your needle in and down towards your fabric. Insert the needle on the opposite side of the dot. Once your needle is inserted into the fabric pause to move the loops on your needle down so they are flush with the fabric. Keep the floss taught, but not too tight. Hold the loops against your fabric as you pull your needle through. Keep pulling until all of your floss has gone through.

# Create n' Grow

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USE WHAT YOU HAVE

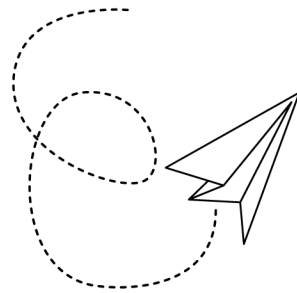
DO WHAT YOU CAN



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Design made for a 6" Inch hoop