

WIP to Win: The Wild Maker's Logbook

Welcome to Your Cozy Creative Companion

Crafted with care for fiber artists, makers, dreamers, and neurodivergent individuals, this logbook encourages you to nurture your beautiful works-in-progress—without the weight of pressure, guilt, or chaos.

Whether you knit in vibrant hues or a sleek monochrome, whether you finish quickly or let things simmer, this is a space to track, reflect, and celebrate your creative journey.

Ready to begin?

Supporting Your Creative Mind

Wild Capo Studio was created by a neurodivergent maker—for other makers who might sometimes get stuck, distracted, discouraged, or overwhelmed. This logbook was designed to support ADHD brains, dyslexic readers, spoonie creators, and anyone who thrives with structure and softness.

Why this logbook works (especially for neurodivergent makers):

- Clear fonts reduce visual strain
- One page = one purpose (hello, executive function!)
- Gentle prompts guide you without pressure
- White space lets your brain breathe
- Reflection is optional — always

Bibliography

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If your project is unfinished, you are not behind.

If your thoughts are messy, you are still creative.

This page is a place to come back to—not a rulebook to follow.

What's a Spoonie?

“Spoonie” is a term used by people with chronic illness, pain, fatigue, or invisible disabilities. It comes from the Spoon Theory — a metaphor that helps explain how energy is limited and must be carefully managed, one “spoon” at a time. (Originally coined by Christine Miserandino in 2003. Learn more on [Wikipedia](#) or read [The Spoon Theory](#) article.)

Stay tuned for updates, bonus pages, and themed expansions! Follow Wild Capo Studio for more creative companion tools.

WildCapoStudio.com | @wildcapostudio

WIP to Win: The Wild Maker's Logbook

Crafted for cozy creativity and thoughtful reflection.

Project Name: _____

Start Date: _____ Intended Finish Date: _____

Pattern or Source: _____

Yarn (Brand / Fiber / Color): _____

Tools (Needles, Hooks, etc): _____

You don't need to use every section. Pick what supports you today.

Intention & Process Tracker

Why am I making this? (Choose all that apply or circle one.)

- ☐ For a gift
 ☐ For myself / personal joy
 ☐ To learn a skill
- ☐ For meditative making
 ☐ To test a pattern
 ☐ Just for fun / to frog eventually
- ☐ Other: _____

Where am I in the process? (Choose all that apply or circle one.)

- ☐ Cast On ☐ Swatched ☐ In Progress
 - ☐ Resting ☐ Finished ☐ Blocking
 - ☐ Restarted ☐ Frogged ☐ Oops, it's...somewhere

Tracker – Choose One Focus for This Project:

Pick just one thing to track as you work — whatever supports you best.

- Estimated Hours Worked: Tick a box each time you spend about an hour on this project.
- Mood Check-In: Draw an emoji or write one word for how you feel while working.
- Weather Check: Add a quick note or symbol for the weather when you picked it up.
- Water & Food: Did you hydrate or snack? A quick reminder for your body, too.



This is your moment to pause and notice:

Feel the texture of yarn and needles. Let your mind wander into the joy of making.

Dream about what this WIP might become. Take a breath. You are worth the time it takes to create with care.

[illegible]

✨ Reflection & Notes

Take a breath and check in with yourself — this is your space to reflect, not to perform.

💖 Joyful moment: _____

🌱 Challenge (and what I learned): _____

🏆 Would I repeat this project?

☐ Yes

☐ With changes

☐ Nope — and that's okay!

🎉 A small way I'm celebrating this WIP: _____

🧶 Yarn Review (Optional)

- Did I enjoy working with this yarn? _____
- How did it feel in my hands? (soft, bouncy, stiff, squishy...) _____
- Texture & behavior: smooth or textured? easy or tricky to work with? _____

1 2 3 4 Stitch & Row Tracker

Use this space to tally rows and stitches — or track pattern repeats. (You can 🖍️ tick, tally, or note the number directly.)

🧵 Stitches Cast On / In Pattern: Stitch Count: _____ Total Rows: _____

Is there a pattern repeat?

☐ Yes — every ____ rows

☐ No

📊 Rows Worked: _____

Pattern Repeat Count (✓ each time):

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

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📝 Notes or Sketches

(Doodles, yarn swatches, scribbles — all welcome here.)

✅ I gave myself grace today.

✅ I gave myself space to pause.