

2026



CROCHET CONFIDENCE STARTER KIT

Confidence Comes
One Stitch at a Time

NATURALLYMELISSAMADE.COM

Welcome!

Hi, friend!



I'm so glad you're here.

If you're holding this workbook, chances are you love the idea of crochet—but maybe you don't always believe in your own abilities.

Perhaps you've finished a project but still question your abilities, feel overwhelmed by patterns, or have more unfinished projects than finished ones.

If that's you, I want you to know...I've been there too.

I created this workshop because I believe confidence is one of the most important skills a crocheter can build. Learning stitches is only part of the journey. Believing in yourself enough to keep going is what truly helps you grow.

This workbook is for anyone who has ever doubted their ability to grow as a crocheter. Together, we'll take those next steps one stitch at a time.

Read through each section, absorb the ideas, and practice what you learn. Confidence isn't something you're born with... it's something you build, one stitch, one row, and one finished project at a time.

My hope is that you'll leave this workshop with not only a finished project, but also believing in yourself a little more than when you started.

Thank you for letting me be part of your crochet journey.

Now, grab your favorite hook, settle into your favorite chair, and let's start building your confidence... one stitch at a time.

Melissa

Founder & Crochet Instructor

Naturally, MelissaMade LLC



NATURALLY, MELISSA MADE

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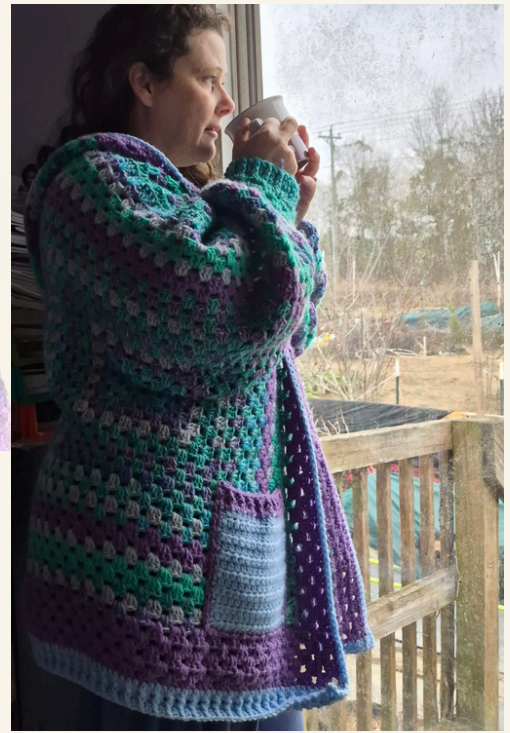
Workbook Overview

Welcome to:

**From Yarn to Finished Project:
Building Confidence in Your Crochet Skills!**

This workshop is designed to help you move beyond simply knowing the basic stitches and start feeling confident using those skills to create something from start to finish.

Together, we'll talk about the doubts that can hold us back, learn simple ways to build crochet confidence, and put those ideas into practice by completing a quick project together.



What we'll do

- Discover the Five Confidence Builders
- Learn how to approach a project without feeling overwhelmed
- Practice reading and following a simple pattern
- Work through mistakes with confidence
- Create your Confidence Keeper Hook Holder
- Celebrate what you accomplished!

What You'll Need

Grab your yarn, hook, scissors, yarn needle, button, and your **Crochet Confidence Starter Kit Workbook**.

**Most importantly,
bring your
willingness to try.**



*You don't have to know everything to
move forward.*

YOU JUST HAVE TO BE WILLING TO TAKE THE NEXT STITCH.

NATURALLY, MELISSAMADE

INSTRUCTOR



MELISSA STEINER

Owner/Maker/Instructor

Hi, I'm Melissa, the maker behind Naturally, MelissaMade. What began with a skein of yarn and a little curiosity grew into a passion for creating, teaching, and helping others discover confidence through crochet.

I believe crochet is about more than learning stitches. It's about trusting yourself, enjoying the process, and being proud of what you create.

My goal is to help you move past the "Am I doing this right?" moments and build confidence one stitch at a time.

I'm so glad you're here. Let's get stitching!

NATURALLY, MELISSA MADE

OUR PROMISE

As you begin this journey, here's what you can expect from this workshop:

A Judgment-Free Learning Space

Mistakes are welcome here. Every missed stitch, uneven edge, and "oops!" moment is simply another opportunity to learn and grow.

Encouragement Over Perfection

Crochet isn't about getting everything right the first time. It's about making progress, building confidence, and enjoying the creative process.

Skills That Grow With You

Every project teaches something new. The skills you practice today will become the foundation for the projects you'll confidently tackle tomorrow.

Support Every Step of the Way

You're never alone in your crochet journey. Questions are always welcome, and every crocheter—no matter their experience—continues learning.

Every Finish Is Worth Celebrating

Whether it's your very first coaster or your tenth blanket, every completed project is an accomplishment. Take a moment to celebrate how far you've come before moving on to your next stitch.

**Our goal isn't to create perfect crocheters...
it's to help you become a confident one.**



CROCHET CONFIDENCE CHECK-IN

Before we get started, take a moment to think about where you are right now in your crochet journey.

There are no right or wrong answers here!

This isn't a test. It's simply a chance to recognize where you feel confident, where you could use a little support, and how much you grow along the way.

How Confident Do You Feel? I feel confident...

Choosing the right yarn and hook for a project

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Making the basic crochet stitches

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Keeping track of my stitches and rows

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Reading and following a crochet pattern

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Recognizing when I've made a mistake

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Fixing mistakes without starting completely over

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Trying a stitch or technique I've never done before

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Choosing a project that's right for my skill level

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Finishing the projects I start

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Calling myself a crocheter

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Rate each statement from 1–5.

1 = Not Confident Yet
3 = Getting There
5 = I've Got This!





CROCHET CONFIDENCE CHECK-IN

A Little Deeper...

One thing I already feel good about in crochet is:

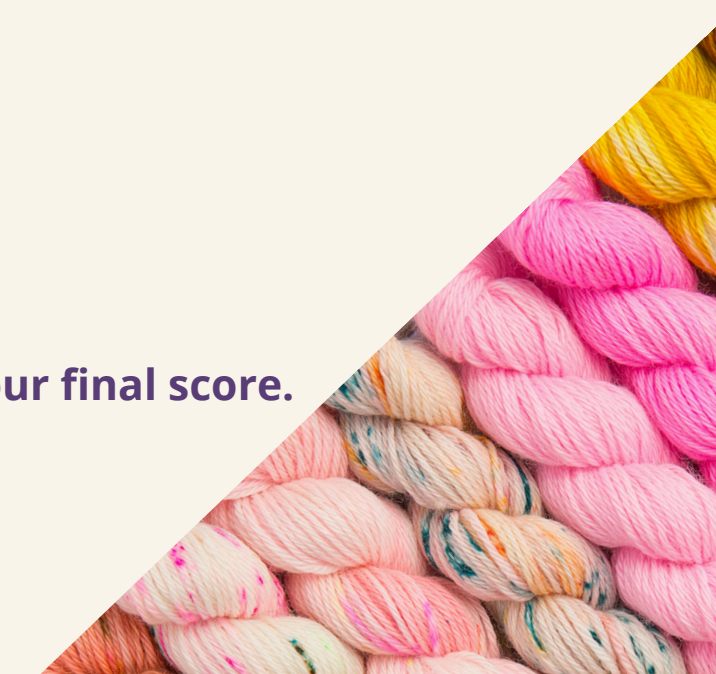
One thing that makes me nervous or frustrated is:

Something I've been afraid to try is:

By the end of this workshop, I hope I feel more confident about:

Remember

This is your starting point, not your final score.



WORKSHOP NOTES

Use this space to capture the little things you want to remember as you work through the workshop.

Write down helpful tips, new techniques, questions, or even those "Ohhh... now I get it!" moments.

You don't need to write down everything—just the things that will help you feel more confident when you pick up your hook again.

Something New I Learned

Tips I Want to Remember

Questions I Still Have

My "Aha!" Moment

Something that finally clicked for me today:

I Want to Practice...

Notes & Doodles

5 CONFIDENCE BUILDERS

Confidence in crochet doesn't happen all at once. It grows with every stitch you practice, every mistake you work through, and every project you finish.

These five simple confidence builders can help you keep moving forward... even when you're not quite sure you're ready.

1. Start Small

You don't have to tackle the biggest or most complicated project to prove you're a crocheter.

Choose projects that feel achievable with the skills you have right now. Every small project you complete gives you an opportunity to practice, learn something new, and experience the satisfaction of finishing.

Remember: Small projects can create BIG confidence.

My next small project could be:

2. Practice One Skill at a Time

You don't have to learn every stitch, technique, and abbreviation this week.

Choose one skill and give yourself time to practice it. Once it begins to feel comfortable, add something new. Before long, those individual skills start working together—and projects that once looked intimidating won't seem quite so scary.

Remember: You don't have to know everything. You just need to be willing to learn the next thing.

One skill I'd like to practice is:

3. Progress Over Perfection

Uneven stitches. Missed stitches. Crooked edges. Frogging an entire row because something just isn't right.

Every experienced crocheter has been there.

Mistakes don't mean you're bad at crochet. They're part of learning crochet. Instead of asking, "Why can't I get this right?" try asking, "What can this teach me?"

Remember: Your goal isn't perfect stitches. It's becoming a little more confident with every stitch you make.

A mistake that taught me something:

What did I learn from it?

4. Celebrate Finished Projects

Don't rush past the finish line!

It's easy to finish something, notice everything you wish you'd done differently, and immediately start thinking about the next project.

Instead, stop and look at what you created.

You took yarn and a hook and turned them into something that didn't exist before. That's worth celebrating.

Take a picture. Share it with someone. Use it. Gift it. Display it. Be proud of it—even if there are a few wonky stitches hiding somewhere.

Remember: Finished doesn't have to mean flawless. Finished means you did it.

A project I'm proud of finishing:

Something I learned while making it:

5. Enjoy the Journey

Crochet isn't a race.

There will always be another stitch to learn, another pattern to try, and another project waiting for your hook. Give yourself permission to enjoy where you are right now instead of worrying about how quickly you're progressing.

Pick up your hook because creating makes you happy. Experiment. Frog things. Try again. Make something just because you love the yarn.

Your crochet journey belongs to you.

Remember: Confidence isn't about knowing everything. It's trusting yourself enough to keep creating.

What do I enjoy most about crochet?

Your Confidence Starts Here

You don't need to master all five of these today.

Choose one confidence builder you'd like to focus on after this workshop:

- ☐ Start Small
- ☐ Practice One Skill at a Time
- ☐ Progress Over Perfection
- ☐ Celebrate Finished Projects
- ☐ Enjoy the Journey

One small step I can take:

Confidence comes from creating—one stitch at a time.



PATTERN CHEAT SHEET

PATTERN READING CHEAT SHEET

ch - Chain
sc - Single Crochet
st / sts - Stitch / Stitches
sl st - Slip Stitch
FO - Fasten Off
rep - Repeat
sk - Skip

HOW TO READ A PATTERN

Ch 1, sc in each st across. Turn. (12 sc)
means:

Chain 1 → single crochet in every stitch → turn your work → you should have 12 single crochet stitches.

PATTERN SYMBOLS TO KNOW

() = Stitch count or instructions worked together
[] = Instructions grouped together
* = Repeat instructions beginning at the asterisk
x # = Repeat that instruction the stated number of times



MY CONFIDENCE PROJECT



IT'S TIME TO PUT CONFIDENCE INTO PRACTICE!

For this workshop, we'll be creating a simple crochet hook holder together. This project was chosen for a reason: it's small, useful, achievable, and gives you the opportunity to practice familiar skills while turning them into something finished.

Before you pick up your hook, take a moment to look at the project differently.

Instead of asking...

"Can I make this?"

We're going to ask...

"What do I already know that can help me make this?"

WHAT I ALREADY KNOW

Check the skills you already feel comfortable with:

- ☐ Making a starting chain
- ☐ Single crochet
- ☐ Counting stitches
- ☐ Turning my work
- ☐ Working back and forth in rows
- ☐ Fastening off
- ☐ Weaving in ends

A skill I may need a little help with:

MY CONFIDENCE GOAL

Before I begin, I feel:

- ☐ I've got this!
- ☐ Pretty confident
- ☐ A little unsure
- ☐ Nervous, but I'm willing to try
- ☐ I have no idea what I'm doing, and I'm trying anyway!

One thing I want to practice while making this project:

Ready?

You don't need to know every step before you begin.

Read the pattern one step at a time. Practice the skills you know. Ask for help when you need it. And if something doesn't go quite right?

That's okay. That's part of the project, too.

CROCHET HOOK HOLDER

Skill Level: Beginner

Time: Approximately 30 minutes

Construction: One rectangle, folded and seamed

US Crochet Terms

The Crochet Hook Holder is a quick beginner-friendly project designed to remind you that you already have the skills to turn a few basic stitches into something useful.

No complicated shaping. No fancy techniques. Just one stitch at a time.

MATERIALS

- Approximately 50-75 yards of worsted weight (#4) yarn
- 5.0 mm (H-8) crochet hook
- Yarn needle
- Scissors
- 1 button, approximately $\frac{3}{4}$ –1 inch
- Stitch marker, optional

ABBREVIATIONS

ch – chain

sc – single crochet

st(s) – stitch(es)

sl st – slip stitch

FO – fasten off

FINISHED SIZE

Approximately 3½ inches wide × 7 inches long before folding.

Gauge isn't important for this project. Your hook holder may be slightly larger or smaller depending on your tension—and that's perfectly okay!

LET'S CROCHET!

STEP 1: MAKE THE RECTANGLE

Ch 13.

Row 1: Sc in the 2nd ch from hook and in each ch across. Turn. (12 sc)

Rows 2–52: Ch 1. Sc in each st across. Turn. (12 sc)

Do not fasten off.

Your work should now look like a simple rectangle.

STEP 2 : MAKE THE BUTTON LOOP

Row 25: Ch 1, sc in first 4 sts, ch 4, skip 4 sts, sc in remaining 4 sts. Turn.

Row 26: Ch 1, sc in each sc and work 4 sc into the ch-4 space. (12 sc)

Fasten off and weave in your end.

STEP 3 : TURN IT INTO A HOLDER

Lay your rectangle flat with the button-loop end at the top.

Fold the bottom approximately 3 inches upward to create the pocket.

Using a length of yarn and your yarn needle, seam along both sides of the folded section.

Leave the top open.

STEP 4 : ADD THE BUTTON

Fold the top portion down over the pocket to create the flap.

Use the button loop to determine where your button should sit.

Sew the button securely to the front of the pocket.

Slip the loop over your button and...

You made a crochet hook holder!

MAKE IT YOURS

Your Crochet Hook Holder doesn't have to look exactly like anyone else's.

Try:

- Two colors
- Stripes
- A decorative button
- A small applique
- Embroidery
- A different stitch once you're ready for another challenge

It can hold a few favorite crochet hooks, a small pair of scissors, stitch markers, or other little crochet essentials.

CONFIDENCE CHECK

Before you move on, stop and look at what you just did.

You made a chain.

You worked rows.

You counted stitches.

You created a buttonhole.

You seamed pieces together.

You finished a functional project.

Those aren't "just beginner skills."

They're crochet skills.



**YOU DIDN'T NEED TO KNOW EVERYTHING TO
MAKE SOMETHING. YOU JUST NEEDED TO
KNOW ENOUGH TO TAKE THE NEXT STITCH.**

NATURALLY, MELISSAMADE ORIGINAL PATTERN
PLEASE DO NOT REDISTRIBUTE OR REPRODUCE THIS PATTERN WITHOUT
PERMISSION.



LOOK WHAT I DID!

You did it! Before you move on to the next project, take a moment to recognize what you just accomplished.

You didn't just make a hook holder. You followed a pattern, practiced your skills, worked through the tricky parts, and turned a simple ball of yarn into something useful.

That's worth celebrating!

You Did It!

MY CONFIDENCE CHECK

Before I started this project, my confidence was:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Now that I've finished, my confidence is:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Note:

1 - Not confident yet
5 - I've got this!

TAKE A MOMENT TO REFLECT

Something that was easier than I expected:

Something I had to work through:

Something new I learned:

My favorite part of my finished project:



MY NEXT STITCH

After completing this project, I feel ready to...

- ☐ Make this project again
- ☐ Try a new stitch
- ☐ Follow another pattern
- ☐ Try a slightly more challenging project
- ☐ Make something I've been afraid to try



The next project I'd love to make is:



DON'T FORGET THE MOST IMPORTANT PART

Celebrate your finish!

Take a picture. Show someone what you made. Use your new hook holder.

When you notice the imperfect stitch or little mistake you wish you'd done differently.

It doesn't have to be perfect to be something you're proud of.

**You started.
You practiced.
You finished.
You did it!**

MISTAKES ARE NORMAL

Every crocheter makes mistakes,
even the experienced ones!

A missed stitch, an extra stitch, or a row that just doesn't look quite right doesn't mean you can't crochet. Learning to notice, understand, and fix mistakes is actually one of the skills that helps you become a more confident crocheter.

The next time something goes wrong, don't immediately think, "I can't do this."

Instead, ask yourself:

"What is my crochet trying to tell me?"

WHEN THIS HAPPENS...

My project is getting wider

You may be accidentally adding stitches. Count your stitches at the end of each row and make sure you're identifying the correct first and last stitch.

My edges look uneven

Check your stitch count first. If your count is correct, tension may be the culprit. Keep practicing—consistent tension develops with time.

I found a mistake several rows back

You have a choice! If the mistake affects the project, frog back and fix it. If it doesn't affect the finished piece, you may decide to leave it. Not every mistake requires starting over.

I don't understand the next instruction

Break it down into smaller pieces. Look up unfamiliar abbreviations, read the instruction out loud, or ask for help. You don't have to figure everything out alone.

Before You Frog

Ask yourself:

1. What looks wrong?
2. Is my stitch count correct?
☐ Yes ☐ No ☐ I'm not sure
3. Will this mistake affect the rest of my project?
☐ Yes ☐ No ☐ I'm not sure
4. Do I need to fix it—or can I keep going?



My project is getting narrower

You may be skipping the first or last stitch of a row. Use stitch markers to help identify your edge stitches.

My starting chain is too tight

Try making your chains a little more loosely or use a slightly larger hook for your starting chain.

I completely lost my place in the pattern

Stop, look at your work, and find the last step you know you completed. Use a row counter, stitch marker, or pencil to mark your place as you work.

REMEMBER!

Frogging isn't failing.

Asking for help isn't cheating.

And making a mistake doesn't mean you aren't good at crochet.



Every time you figure out why something went wrong, you're building a skill you can use on your next project.

A confident crocheter isn't someone who never makes mistakes. It's someone who knows mistakes are part of creating....and keeps going anyway.

Crochet Wins Tracker

Confidence grows when you stop and recognize just how much you've *already* accomplished.

Sometimes we're so focused on the next thing we want to learn that we forget to celebrate the things we can already do.

Use this page to track your crochet wins: big, small, and everything in between!



Look What I Can Do!

Check them off as you go:

- ☐ Made my first chain
- ☐ Learned my first crochet stitch
- ☐ Made a swatch or practice square
- ☐ Counted my stitches correctly
- ☐ Used a stitch marker
- ☐ Read a crochet pattern
- ☐ Learned a new stitch
- ☐ Recognized a mistake
- ☐ Frogged something and tried again
- ☐ Fixed a mistake on my own
- ☐ Asked for help when I needed it
- ☐ Finished my first project
- ☐ Made something useful
- ☐ Made something just for fun
- ☐ Made something for myself
- ☐ Made something for someone else
- ☐ Tried a project that challenged me
- ☐ Finished a project I wanted to give up on
- ☐ Looked at something and thought, "I could make that!"
- ☐ Proudly called myself a crocheter

♥ My Personal Wins ♥

Not every crochet accomplishment fits neatly into a checklist. What are some wins that matter to you?

I learned to:

I finally figured out:

I made something I never thought I could:

I am especially proud of:

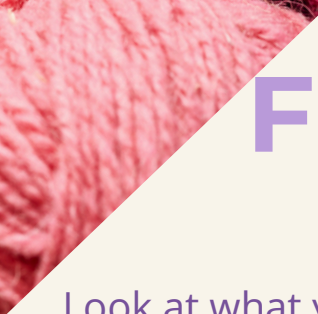
Keep Adding to Your Wins

Come back to this page as your crochet journey continues. Add dates, notes, new accomplishments, or even little doodles and stickers to celebrate your progress.



Your wins don't have to be huge to count.
Every "I did it!" started with an "I'm going to try."

Keep stitching. Keep learning. Keep celebrating.



FINAL CONFIDENCE CHECK-IN

Look at what you've accomplished!

At the beginning of this workbook, you took a moment to think about how confident you felt in your crochet skills. Now it's time to check in again.

Don't worry about how you answered the first time. Answer based on how you feel right now.

How Confident Do You Feel? I feel confident...

Choosing the right yarn and hook for a project

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Making the basic crochet stitches

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Keeping track of my stitches and rows

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Reading and following a crochet pattern

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Recognizing when I've made a mistake

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Fixing mistakes without starting completely over

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Trying a stitch or technique I've never done before

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Choosing a project that's right for my skill level

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Finishing the projects I start

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Calling myself a crocheter

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Rate each statement from 1–5.

1 = Not Confident Yet
3 = Getting There
5 = I've Got This!





FINAL CONFIDENCE CHECK-IN

looking back, then forward....

Something I feel more confident about now:

Something I learned about myself as a crocheter:

A skill I still want to practice:

Something I'm ready to try next:

The Most Important Question...

Finish this sentence:
I am a confident crocheter because...

Confidence doesn't mean knowing how to do everything. It means trusting yourself enough to try.

Look how far you've already come. You don't have to know everything to keep moving forward, you just have to take the next stitch.



REFLECTIONS



Take a moment to look back at where you started. Return to your first Crochet Confidence Check-In and compare your answers. Maybe you learned a new skill, worked through a mistake, finished something challenging, or discovered you're more capable than you thought. Progress isn't always about mastering something new. Sometimes, it's simply choosing to try again.

Something I Feel
More Confident
About Now



Something I Learned
About Myself as a
Crocheter

Something I'm
Ready to Try Next



A Skill I Still Want
to Practice



The next time you're frustrated, doubting yourself, or tempted to give up, what do you want to remember?



NEXT STEPS

STEP ONE

You did it! You practiced your skills, worked through challenges, and took another step toward becoming a more confident crocheter.

But your journey doesn't end here. Confidence grows every time you pick up your hook and give yourself permission to try.

Keep Your Hook Moving

☐ Choose your next project

Pick something that feels exciting and just a little challenging.

☐ Practice one new skill

You don't have to learn everything at once. Choose one stitch or technique to work on next.

☐ Use what you've learned

Keep your Pattern Cheat Sheet and troubleshooting tips nearby when you need a little extra help.

☐ Celebrate your progress

Add new accomplishments to your Crochet Wins Tracker. Small wins count, too!

☐ Stay connected

Keep learning, asking questions, and creating alongside other crocheters who understand the journey.

STEP TWO

STEP THREE

What's My Next Stitch?

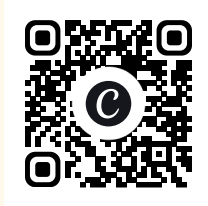
• The next project I want to make:

One skill I want to practice:

One thing I'll do to keep building my confidence:

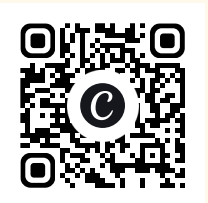
RESOURCE LIBRARY

A massive open online course is an online course aimed at unlimited participation and open access via the Web. In addition to traditional course materials, such as filmed lectures, readings.



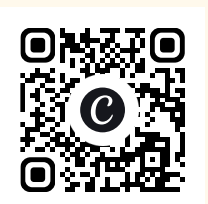
BEGINNER CROCHET LESSONS

Need a refresher? Go back to the basics with beginner-friendly lessons designed to help you build a strong crochet foundation.



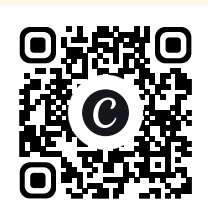
FREE PATTERN LIBRARY

Put your growing skills to work with patterns you can practice at your own pace.



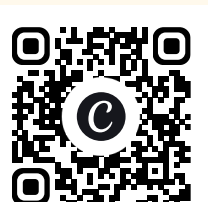
YOUTUBE TUTORIALS

Crochet along with me! Find stitch tutorials, beginner lessons, workshops, and helpful crochet tips whenever you need a little extra guidance.



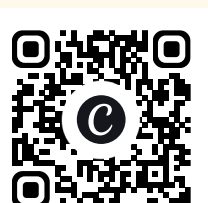
HOOK NOOK CROCHET COMMUNITY

You don't have to crochet alone. Join our community to ask questions, share your projects, celebrate your wins, and connect with fellow crocheters.



HOOK NOOK CHRONICLES

Find crochet tips, project inspiration, Crochet Alongs, tutorials, and encouragement on the blog.



STAY IN THE LOOP

Join the Naturally, MelissaMade newsletter for new patterns, workshops, Crochet Alongs, community happenings, and more.

Your Bonus



Keep Building Your Crochet Confidence

You've taken the first steps—now let's keep that confidence growing!

As a special bonus, you have access to the Crochet Confidence Roadmap, a self-paced mini-course designed to help you figure out what comes next in your crochet journey.

Inside the Roadmap

You'll learn how to:



Choose projects that match your skills

Find the right projects at the right time.



Read patterns with less frustration

Understand patterns and the lingo without the stress.



Work through mistakes without giving up

Mistakes are part of the journey—you'll learn how to handle them with confidence.



Build your skills one step at a time

Simple steps. Real progress.



Create your own plan for continued growth

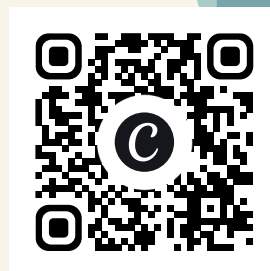
Turn your goals into a clear, doable plan for the journey ahead.

Whether you've just finished your first project or you're ready to stretch your skills, the Roadmap will help you move forward with a little more direction and a lot more confidence.



Ready for Your Next Stitch?

Scan the QR code below to access your Crochet Confidence Roadmap.



You already proved you can start.
Now let's discover where your hook can take you next.

THANK YOU!

Thank you for spending this time with me and allowing me to be part of your crochet journey.

My hope is that you leave this workshop with more than a finished project. I hope you leave knowing that you can learn new skills, work through mistakes, follow a pattern, and create something you're proud of.

Remember, confidence doesn't come from getting every stitch perfect. It comes from picking up your hook, giving yourself permission to learn, and continuing even when things don't go exactly as planned.

Keep practicing. Keep creating. Keep celebrating your wins.

And most importantly, keep believing in what you can create.

I'm so excited to see where your hook takes you next!

Happy Crocheting!

Melissa
Founder & Crochet Instructor
Naturally, MelissaMade LLC