

Amber Buti

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: an amber ground with rows of small dark buti motifs. A buti is a small motif repeated across cloth, and block printers lay down one colour and one impression at a time, so every buti on your cover was a single press of a block.



buti
SMALL MOTIF



row
THE REPEAT



sprig
LEAF AND BUD

Simplified drawings, not copies of a printer's block.

THE ONLY RULES

- ◆ One page a day
- ◆ By hand, about ten minutes
- ◆ No rubbing out
- ◆ Nobody else has to read it

A page written by hand is the one nobody else could have written.

FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01 **WRITE**
10 min Write about something small you see every day and never look at properly: a hinge, a tiffin lid, the stamp on a letter. Describe it for someone who has never seen one.
- 02 **DRAW**
5 min Fill a row across the page with your own *buti*: one small motif, repeated twenty times. Notice how it has changed by the twentieth.
- 03 **LOOK**
10 min Count something in a room: tiles, window bars, books on a shelf. Write down the number, then what you would have missed if you hadn't counted.
- 04 **WRITE**
10 min Block printers press one colour, one impression at a time. Write about a habit you built the same way, one day at a time.
- 05 **MAKE**
10 min Print a row of fingertips across the page with an ink pad, kajal or a little haldi paste. No two will match. Circle the best one.
- 06 **WRITE**
10 min Amber is the colour of evening light through a window. Write about the hour of the day you like best, and why.
- 07 **RETURN**
5 min Look back over the week. Which page would you show someone? Mark it with a small *buti* in the corner.



TWENTY SHEETS

One for every diary print, free. Scan the code or visit houseoffalguni.com/pages/haath-se

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Made one you like? Tag @houseoffalguni.

Craft notes from houseoffalguni.com/pages/the-craft and the product page for this cover.

Bahar Medley

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed with small flowers in pink, yellow and blue scattered on cream. Block printing lays down one colour at a time, and a second block can add another colour, so a three-colour scatter is built up pass by pass.



phool
SMALL
FLOWER



kali
BUD



scatter
THE REPEAT

Simplified drawings, not copies of a printer's block.

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01 **WRITE**
10 min *Bahar* means spring. Write about a spring you remember: a new school year, a garden, a move to a new city.
- 02 **DRAW**
5 min Draw one small flower in three colours, one colour at a time, letting each settle before the next. Notice where they overlap.
- 03 **LOOK**
10 min Find three flowers on your way today, real or printed. Write down where each one was.
- 04 **WRITE**
10 min Make a list of seven things that made this week lighter, however small.
- 05 **MAKE**
10 min Press a flower or a leaf between this page and the next. Write the date and where you picked it beside it.
- 06 **WRITE**
10 min Write a letter you won't send to someone you would like to see this season.
- 07 **RETURN**
5 min Read the week back. Underline one sentence that sounds like you on a good day.



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Blush Garden

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: an ivory ground with large plum-pink flowers and trailing leaves. Each block carries a registration mark cut into its corner, but the printer lines up every impression by eye and hand.



phool
LARGE
FLOWER



bel
TRAILING
LEAVES



patti
LEAF

Simplified drawings, not copies of a printer's block.

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01 **WRITE**
10 min Describe a garden you know well, a park, a terrace, a grandmother's tulsi pot, through what grows there and who tends it.
- 02 **DRAW**
10 min Draw one large flower slowly, petal by petal, taking the whole ten minutes. Then draw one in thirty seconds. Compare them.
- 03 **LOOK**
10 min Watch a plant for ten minutes: the light, the insects, the wind. Write down only what you see, no opinions.
- 04 **WRITE**
10 min Write about something you have helped grow: a plant, a skill, a friendship.
- 05 **MAKE**
5 min Trace the outline of a leaf from your home onto the page and fill it with what you did today.
- 06 **WRITE**
10 min What would you plant if you had a small patch of ground? Write the list, and why each one.
- 07 **RETURN**
5 min Choose this week's best line and copy it inside the front cover, where you will see it next time.



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Crimson Ajrakh

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed with Ajrakh geometry on a crimson ground: stars, lozenges and dotted borders in ivory and indigo. In Ajrakh, the eight-pointed star belongs to the night sky, on a cloth where white resist dots are read as stars.



star
NIGHT SKY



lozenge
DIAMOND



border
DOTTED EDGE

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01** **WRITE**
10 min
Write about a night sky you remember: a terrace in summer, a power cut, a long drive. What could you see?
- 02** **DRAW**
10 min
Draw an eight-pointed star with a ruler: one square, then a second square turned on its corner over it. Repeat it across the page.
- 03** **LOOK**
10 min
Find a border at home: the edge of a sari, a rug, a plate. Copy a short stretch of it.
- 04** **WRITE**
10 min
Ajrakh cloth passes through washing, printing, dyeing and drying more than a dozen times. Write about something that took you many attempts to get right.
- 05** **MAKE**
10 min
Make a dotted border around this page by hand, dot by dot, without checking the corners until you reach them.
- 06** **WRITE**
10 min
Crimson, indigo, ivory. Choose one and write everything it reminds you of, for ten minutes, without stopping.
- 07** **RETURN**
5 min
Look back at the week. Put a small star beside the page you would keep if you could keep only one.



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Motif names from the Gaatha craft archive, the M.S. University of Baroda Textile Art Museum and the International Folk Art Market, as gathered at houseoffalguni.com/pages/ajrakh-motifs

Crimson Jaipur

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: a brick-red ground with tall leaf-and-flower stems in ivory and navy. Rajasthan is home to two famous printing towns thirty kilometres apart: Bagru, known for dabu, a mud resist, and Sanganer, known for fine floral repeats.



stem
TALL STEM



phool
FLOWER HEAD



patti
LEAF

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01 **WRITE**
10 min Write about a city you have visited only once. What do you remember first: a colour, a sound, a meal?
- 02 **DRAW**
10 min Draw one tall stem from the bottom of the page to the top, adding a leaf every time you breathe out.
- 03 **LOOK**
10 min Notice the reds around you today: a postbox, a bindi, a brick wall, a signal. List them in the order you saw them.
- 04 **WRITE**
10 min Two printing towns thirty kilometres apart went in opposite directions. Write about two people close to you who do the same thing very differently.
- 05 **MAKE**
10 min Rule the page into tall columns and fill each with one repeated mark, a different mark for each column.
- 06 **WRITE**
10 min Write the directions from your home to a place you love, using only landmarks and no street names.
- 07 **RETURN**
5 min Read the week back and give it a title, as if it were a chapter. Write it at the top of its first page.



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Crimson Peacock

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed in crimson on an ivory ground: a peacock among leafy branches. The peacock is India's national bird. In many printing families, the person who carved a block and the person who printed with it came from different households.



mor
PEACOCK



daali
BRANCH



pankh
FEATHER

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01 **WRITE**
10 min Write about the first time you saw a peacock, or the most memorable time. Where were you, and who was with you?
- 02 **DRAW**
10 min Draw a single peacock feather: the long shaft first, then the eye, then the fine lines, slowly.
- 03 **LOOK**
10 min Sit somewhere you can hear birds. Write down every sound you hear in ten minutes, birds or not.
- 04 **WRITE**
10 min The person who carves a block and the person who prints with it are often different people. Write about something you made with someone else's help.
- 05 **MAKE**
10 min Draw a branch across the page and let each leaf hold one word about how you feel today.
- 06 **WRITE**
10 min Describe the outfit that makes you feel like a peacock, and when you last wore it.
- 07 **RETURN**
5 min Turn back through the week and find the page with the most crossings-out. Write one kind sentence beside it.



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Hara Mahal

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: an ivory ground with large orange, red and grey florals. Block printers carve their designs into teak or sheesham, and a print with several colours is built up block by block.



phool
LARGE
FLOWER



patti
LEAF



kali
BUD

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01** **WRITE**
10 min
Mahal means palace. Describe the grandest building you have ever walked into, and how small or large it made you feel.
- 02** **DRAW**
10 min
Draw one large flower in three steps: the outline, then one colour, then the shadow in grey.
- 03** **LOOK**
10 min
Find the oldest object in your home. Write what you know about it, and what you would ask the person who owned it first.
- 04** **WRITE**
10 min
List the rooms of the home you grew up in, one line each, with one thing that happened in each.
- 05** **MAKE**
10 min
Draw a window frame on the page and fill it with what you can see from where you are sitting.
- 06** **WRITE**
10 min
Write about a place that has changed since you first knew it. What has gone, and what has stayed?
- 07** **RETURN**
5 min
Choose one page from the week to show a friend. Write their name in its corner.



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Indigo Ajrakh

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READ YOUR COVER

Your cover is cotton, hand block-printed in the Ajrakh tradition: indigo bands of paisley and leaf motifs. In Kutch, printers don't call that teardrop a paisley. They call it *keri*, the mango. Ajrakh has a name for almost everything it prints.



keri
MANGO



kakkar
CLOUD



mifudi
RAINDROPS

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01** **WRITE**
10 min
Keri is the mango. Write about one fruit that belongs to a place you love: who picked it, which month, what the kitchen smelled like.
- 02** **DRAW**
5 min
Draw *kakkar*, the three-lobed cloud, ten times down the page. Let each one come out a little different. Real printing blocks differ from family to family too.
- 03** **LOOK**
10 min
Find one repeating pattern at home: a window grille, a floor tile, a sari border. Copy a single repeat, then note the place where the pattern breaks.
- 04** **WRITE**
10 min
Ajrakh is printed and dyed in layers, each with its own block. List the layers of your day so far, one line each, in the order they happened.
- 05** **MAKE**
10 min
Rule a loose grid across the page by hand. This is your *jaal*, the lattice that holds an Ajrakh together. Fill each square with one small mark, and never repeat a mark.
- 06** **WRITE**
10 min
Mifudi means raindrops. Write about the last rain you remember properly: where you were, who was there, what you did next.
- 07** **RETURN**
5 min
Turn back through this week's pages. Circle one line you didn't expect to write, and copy it onto the first page of the diary.



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Indigo Shibori

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed in indigo with white Shibori-look streaks. Shibori itself is a Japanese tie-dye technique, where cloth is bound, stitched or folded before dyeing. Your cover borrows the look with blocks: the streaks were printed, not tied.



streak
THE LOOK



fold
FOLDING



binding
TYING

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01 **WRITE**
10 min *Shibori* comes from a Japanese verb meaning to wring, squeeze or press. Write about a week that squeezed you, and what came out of it.
- 02 **DRAW**
5 min Fill the page with streaks in one colour, top to bottom, without lifting the pen. Let them wobble.
- 03 **LOOK**
10 min Watch water for a while: a tap, a bucket, rain on glass. Describe its movement in ten words, then in a hundred.
- 04 **WRITE**
10 min Write about something that only made sense once you had seen it from another side.
- 05 **MAKE**
10 min Fold this page in half, then in half again. Write one word in each section, unfold it, and write a sentence that uses all four.
- 06 **WRITE**
10 min Write about a colour you would wear every day if you could, and why.
- 07 **RETURN**
5 min Find the page from this week that surprised you most. Fold its corner down so you can find it again.



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Shibori from Wikipedia (Shibori). Craft notes from houseoffalguni.com/pages/the-craft and the product page for this cover.

Indigo Tropics

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed with navy and pale blue hibiscus flowers and palm leaves. A block printer works down the cloth pressing the block, lifting it, moving along and pressing again, lining up each impression by eye.



gudhal
HIBISCUS



frond
PALM LEAF



kali
BUD

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01** **WRITE**
10 min
Write about the hottest day you remember: where you were, what you drank, how you cooled down.
- 02** **DRAW**
10 min
Draw a hibiscus from memory, then look at a real one or a photograph and draw it again. What did your memory leave out?
- 03** **LOOK**
10 min
Find the greenest thing on your street. Describe it so precisely that someone else could find it.
- 04** **WRITE**
10 min
Plan a trip you would take with three free days and no budget. Then plan the version you could take next month.
- 05** **MAKE**
10 min
Draw a palm leaf across the page and write a list along its fronds: things to do, people to call, songs to play.
- 06** **WRITE**
10 min
Write about the sea, a river or a lake you have stood beside. What did you think about there?
- 07** **RETURN**
5 min
Read back the week and circle every place name. Which one do you want to go back to?



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Madhubani Carnival

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed with a bold Madhubani-style design of fish and borders. Madhubani painting comes from the Mithila region of Bihar, where it was traditionally made by women on freshly plastered mud walls and floors. Your cover borrows the style in print; it is not a painting.



machhli
FISH



border
DOUBLE LINE



bharni
THE FILL

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01** **WRITE**
10 min
Write about a wall you remember: painted, scribbled on, covered in photographs or calendars. What was on it?
- 02** **DRAW**
10 min
Draw a fish with a double outline, then fill its body with patterns until no empty space is left, the way Madhubani painters fill every gap.
- 03** **LOOK**
10 min
Notice a celebration around you this month, however small. Describe its colours.
- 04** **WRITE**
10 min
Madhubani painting was passed down by women. Write about something a woman in your family taught you, and how she taught it.
- 05** **MAKE**
10 min
Draw a double border around this page, then fill the space between the two lines with a pattern of your own.
- 06** **WRITE**
10 min
Tell a story in seven sentences, the way a painting tells one: a beginning, a middle and an end, with no explaining.
- 07** **RETURN**
5 min
Look back at the week and colour one corner of your favourite page in orange, teal or red.



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Madhubani from Wikipedia (Madhubani art). Craft notes from houseoffalguni.com/pages/the-craft and the product page for this cover.

Mehendi Buti

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: a mehendi-green ground with bands of small white buti. A buti is a small motif repeated across cloth, and on a block-printed cover each one is a single press of the block.



buti
SMALL MOTIF



band
BANDS



dots
DOTS

Simplified drawings, not copies of a printer's block.

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01 **WRITE**
10 min Write about the last time someone put mehendi on your hands, or you put it on someone else's. What was the occasion?
- 02 **DRAW**
10 min Draw a band of tiny *buti* across the page, as small as you can make them while keeping each one clear.
- 03 **LOOK**
10 min Look at your own hand for a full minute. Then write down everything you noticed: lines, marks, scars, rings.
- 04 **WRITE**
10 min List the people whose hands you would recognise anywhere, and one thing each pair of hands does.
- 05 **MAKE**
10 min Trace your hand on the page and fill it with a pattern, the way mehendi fills a palm, starting from the centre.
- 06 **WRITE**
10 min Write about a wedding you remember for something other than the wedding: a conversation, a meal, a quiet moment.
- 07 **RETURN**
5 min Count the pages you filled this week. Write the number on the first page, with today's date.



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Navy Geometric

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: deep navy with pale circles and fine running lines. On a block-printed geometric, the printer aligns each impression against a registration mark cut into the corner of the block, but the final judgement is made by eye and hand.



circle
CIRCLES



lines
RUNNING
LINES



jaali
LATTICE

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01** **WRITE**
10 min
Write your week as a timetable. Then write the timetable you wish you had.
- 02** **DRAW**
10 min
Draw circles across the page without a compass, each as round as you can make it. Number them, and star the roundest.
- 03** **LOOK**
10 min
Find straight lines and circles around you: a fan, a clock, a window grille. Sketch three of them, small.
- 04** **WRITE**
10 min
Write about a rule you follow that nobody taught you.
- 05** **MAKE**
10 min
Draw a *jaali*, a lattice of crossing lines, across the page. Then shade every other gap.
- 06** **WRITE**
10 min
What would you do with one extra hour each day? Be specific about where and how.
- 07** **RETURN**
5 min
Draw a small circle for each day of this week. Fill in the days you wrote your page.



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Neel Palash

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: an ivory ground with tall cobalt-blue palms. *Neel* means blue. Block printers carve their designs into teak or sheesham and print one colour, and one impression, at a time.



palm
TALL PALM



frond
FROND



stem
STEM

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01** **WRITE**
10 min
Neel means blue. Write about the bluest day you remember, in any sense of the word.
- 02** **DRAW**
10 min
Draw a row of tall palms with a single line each, from the bottom of the page to the top. Let them lean.
- 03** **LOOK**
10 min
Look up for ten minutes: ceilings, treetops, sky. Write down what is above you that you usually miss.
- 04** **WRITE**
10 min
Write about someone who stood tall for you when you needed it.
- 05** **MAKE**
10 min
Tear a strip from an old paper in one colour and paste it onto the page. Write around it.
- 06** **WRITE**
10 min
Describe your favourite tree: where it is, how old you think it is, and what it has watched.
- 07** **RETURN**
5 min
Read the week back and choose one word to carry into next week. Write it large, in blue.



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Neela Phool

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: cobalt blue with large white-outlined flowers along the edges. *Neela phool* means blue flower. Over six metres of cloth, a block printer makes several hundred small decisions about where each impression lands.



phool
OUTLINED
FLOWER



edge
THE BORDER



pankhudi
PETAL

Simplified drawings, not copies of a printer's block.

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- ◆ By hand, about ten minutes
- ◆ No rubbing out
- ◆ Nobody else has to read it

A page written by hand is the one nobody else could have written.

FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01** **WRITE**
10 min
Write about flowers someone gave you, or that you gave someone. What were they, and why?
- 02** **DRAW**
10 min
Draw large flowers along the edges of the page only, leaving the middle empty. Then write in the middle.
- 03** **LOOK**
10 min
Find something blue you have owned for more than five years. Describe it, and how it came to you.
- 04** **WRITE**
10 min
A printer makes hundreds of small decisions on one length of cloth. List ten small decisions you made today.
- 05** **MAKE**
10 min
Draw one flower in outline, then fill its petals with seven words, one for each day of the week.
- 06** **WRITE**
10 min
Write about a song you know every word of. When did you learn it?
- 07** **RETURN**
5 min
Choose the page you liked writing most. Draw a thin blue line around its edge.



TWENTY SHEETS

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Craft notes from houseoffalguni.com/pages/the-craft and the product page for this cover.

Olive Dabu

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: an olive-green ground with a large pale leaf motif in the Dabu tradition. Dabu is a mud resist: the paste keeps dye away from the cloth beneath it. Bagru, in Rajasthan, worked in dabu over earthy madder and indigo.



patta
LARGE LEAF



sprig
SPRIG



dots
DOTS

Simplified drawings, not copies of a printer's block.

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- | | |
|-------------------------------------|--|
| 01
WRITE
10 min | <i>Dabu</i> uses mud to keep colour out. Write about something you have kept out of your life on purpose, and what that made room for. |
| 02
DRAW
10 min | Draw one large leaf, then its veins, branching smaller and smaller until the pen can go no finer. |
| 03
LOOK
10 min | Go outside, or to a window, and find five greens. Describe how each one is different. |
| 04
WRITE
10 min | Write about the earth in a place you love: the colour of its soil, its smell after rain. |
| 05
MAKE
10 min | Draw an empty leaf in the middle of the page, then write or draw all around it, and leave the leaf untouched. |
| 06
WRITE
10 min | Who taught you to cook, garden or mend? Write down one thing they always said. |
| 07
RETURN
5 min | Find a page from this week where you left space. Write one line in it now. |



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Rani Phool

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: rani pink densely printed with white flowers. Even a print this dense is made one impression at a time, each block lined up by eye against the one before.



phool
SMALL
FLOWER



guchha
CLUSTER



patti
LEAF

Simplified drawings, not copies of a printer's block.

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01** **WRITE**
10 min
Rani pink is a bold colour. Write about the boldest thing you have worn, said or done, and what happened next.
- 02** **DRAW**
10 min
Cover the page in small flowers, as densely as you can in ten minutes, without letting any two touch.
- 03** **LOOK**
10 min
Notice who around you dresses in colour this week. Write down three outfits you liked, and why.
- 04** **WRITE**
10 min
Write about a woman you admire who is not famous.
- 05** **MAKE**
10 min
List compliments you have received and still remember, one per line. Then add one you would like to give yourself.
- 06** **WRITE**
10 min
Describe a crowded place you love: a market, a mela, a station. What makes it feel full rather than busy?
- 07** **RETURN**
5 min
Read the week back. Which page is the most you? Put a small flower on it.



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Saffron Bloom

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: a saffron-orange ground with a fine ivory floral trail. Fine floral repeats have a long history in Indian block printing; Sanganer, in Rajasthan, built its reputation on them.



bel
FLORAL TRAIL



phool
SMALL
FLOWER



patti
LEAF

Simplified drawings, not copies of a printer's block.

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01 **WRITE**
10 min Saffron is the colour of marigolds and evening skies. Write about a morning ritual of yours: chai, prayer, a walk, the newspaper.
- 02 **DRAW**
10 min Draw a fine trail of flowers that wanders across the page without ever crossing itself.
- 03 **LOOK**
10 min Watch the light change at sunrise or sunset for ten minutes. Note the colours as they come and go.
- 04 **WRITE**
10 min Write about a beginning: a first day at school, at work, or in a new home.
- 05 **MAKE**
10 min Make a trail of thanks: start in one corner and write one thing per flower, joining them with a line to the opposite corner.
- 06 **WRITE**
10 min Write about a festival meal you remember, dish by dish.
- 07 **RETURN**
5 min Look back over the week and write one sentence to read on a bad day.



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Slate Rose

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: a slate blue-grey ground with clusters of pink roses.

Block printing lays down one colour at a time, and the printer judges where each block lands by eye and hand.



gulab
ROSE



guchha
CLUSTER



patti
LEAF

Simplified drawings, not copies of a printer's block.

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01 **WRITE**
10 min Write about a grey day that turned out well. What changed it?
- 02 **DRAW**
10 min Draw a rose starting from the centre, one curved petal at a time, until it is as wide as your palm.
- 03 **LOOK**
10 min Find something soft and something hard within reach. Describe each one without naming it.
- 04 **WRITE**
10 min Write about a friendship that has lasted longer than you expected. What has held it together?
- 05 **MAKE**
10 min Draw three clusters of three small roses. Beside each cluster write three things: one to keep, one to change, one to try.
- 06 **WRITE**
10 min Make a list of smells that take you somewhere: rain on a road, a kitchen, a perfume.
- 07 **RETURN**
5 min Read this week's pages and mark the one written on the hardest day. Notice that you still wrote it.



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Wine Suzani

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed: a deep wine ground with pale pink Suzani-style florals. Suzani is an embroidered textile from Central Asia, made in Tajikistan, Uzbekistan and Afghanistan; the word comes from the Persian for needle. Your cover borrows the look in print; it is not embroidery.



rosette
ROUND BLOOM



phool
BLOSSOM



taanka
STITCH

Simplified drawings, not copies of a printer's block.

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FROM THE STUDIO, AHMEDABAD

THIS WEEK

- | | |
|-------------------------------------|---|
| 01
WRITE
10 min | Suzanis were traditionally made by brides as part of their dowry. Write about something made for you that you still keep. |
| 02
DRAW
10 min | Draw a large round blossom, ring inside ring, adding one ring every minute. |
| 03
LOOK
10 min | Find the most patterned thing in your home: a rug, a quilt, a shawl. Describe one small part of it in detail. |
| 04
WRITE
10 min | <i>Suzani</i> comes from the Persian word for needle. Write about a time you mended something: a cloth, a toy, a quarrel. |
| 05
MAKE
10 min | Stitch a line across this page with a needle and thread, or draw one in small dashes. Write along it. |
| 06
WRITE
10 min | Write about a journey someone in your family made that changed where you live today. |
| 07
RETURN
5 min | Look back at the week and write the date on which you would like to open this diary again. Leave a note for that day. |



TWENTY SHEETS

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Suzani from Wikipedia (Suzani). Craft notes from houseoffalguni.com/pages/the-craft and the product page for this cover.