

INTERMEDIATE  
SKILL

# Be Your Best Self

designed by Lisa Swenson Ruble  
featuring *Creative You* by Whistler Studios

SIZE: 58" x 72"

FREE  
PROJECT









THIS IS A DIGITAL REPRESENTATION OF THE QUILT TOP, FABRIC MAY VARY.

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# Be Your Best Self








KEY	FABRIC	SKU	YD	CUTTING INSTRUCTIONS
A		53040P-1 Blackboard	1 Panel	Fussy-cut (14) labels, referring to p. 3 diagram.
B		53041-2 Multi	1	(3) 5" x WOF strips; subcut (8) 5" x 9-1/2" rectangles and (8) 5" squares. (1) 4" x WOF strip; subcut (2) 4" squares. (2) 3-1/2" x WOF strips; subcut (2) 3-1/2" x 18-1/2" and (2) 3-1/2" x 12-1/2" rectangles. (1) 2" x WOF strip for panel block piecing
C		53041-3 White	1/2	(2) 3-1/2" x WOF strips; subcut (16) 3-1/2" squares. (2) 2" x WOF strips; subcut (4) 2" x 7" and (4) 2" x 4" rectangles. Reserve second strip for panel block piecing (2) 1-3/4" x WOF strips; subcut (2) 1-3/4" x 9-1/2", (2) 1-3/4" x 7", (4) 1-3/4" x 6-1/2" and (4) 1-3/4" x 4" rectangles.
D		53041-4 Grey	1-1/8	(14) 2-1/2" x WOF strips; from 2 strips, cut (6) 2-1/2" x 12-1/2" rectangles. Sew remaining strips short ends together and subcut into (2) 2-1/2" x 72-1/2" and (6) 2-1/2" x 54-1/2" strips.
E		53042-1 Blackboard	1/8	(1) 2" x WOF strip; subcut (2) 2" x 7" and (2) 2" x 4" rectangles.
F		53042-2 Multi	1/2	(1) 3-1/2" x WOF strip; subcut (8) 3-1/2" squares. (2) 2" x WOF strips; subcut (4) 2" x 7" and (4) 2" x 4" rectangles. (1) 2" x WOF strip for panel block piecing. (2) 1-3/4" x WOF strips; subcut (2) 1-3/4" x 9-1/2", (2) 1-3/4" x 7", (2) 1-3/4" x 6-1/2" and (2) 1-3/4" x 4" rectangles.

WOF=WIDTH OF FABRIC

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KEY	FABRIC	SKU	YD	CUTTING INSTRUCTIONS
G		53042-3 White	1/2	(1) 3-1/2" x WOF strip; subcut (8) 3-1/2" squares. (1) 2" x WOF strip; subcut (2) 2" x 7" and (2) 2" x 4" rectangles. (2) 1-3/4" x WOF strips; subcut (2) 1-3/4" x 9-1/2", (2) 1-3/4" x 7", (2) 1-3/4" x 6-1/2" and (2) 1-3/4" x 4" rectangles.
H		53043-2 Multi	3/4	(1) 4" x WOF strip; subcut (2) 4" squares. (2) 2" x WOF strips; subcut (4) 2" x 7" and (4) 2" x 4" rectangles. (7) 2-1/4" x WOF strips for binding.
I		53043-3 White	1/2	(2) 5" x WOF strips; subcut (16) 5" squares. (2) 1-3/4" x WOF strips; subcut (4) 1-3/4" x 9-1/2" and (4) 1-3/4" x 7" rectangles.
J		53044-1 Blackboard	1-1/8	(9) 3-1/2" x WOF strips; subcut (32) 3-1/2" x 6-1/2" rectangles and (32) 3-1/2" squares. (2) 2" x WOF strips; subcut (4) 2" x 6-1/2" and (4) 2" x 3-1/2" rectangles. Reserve second strip for panel block piecing.
K		53044-5 Green	1/2	(1) 3-1/2" x WOF strip; subcut (10) 3-1/2" squares. (2) 1-3/4" x WOF strips; subcut (4) 1-3/4" x 9-1/2" and (4) 1-3/4" x 7" rectangles. (1) 2" x WOF strip for panel block piecing. (1) 1-3/4" x WOF strip; subcut (2) 1-3/4" x 6-1/2" and (2) 1-3/4" x 4" rectangles.
L		53044-6 Blue	5/8	(1) 3-1/2" x WOF strip; subcut (8) 3-1/2" squares. (2) 2" x WOF strips; subcut (4) 2" x 9-1/2" rectangles and (4) 2" x 6-1/2" rectangles. (2) 2" x WOF strips for panel block piecing. (3) 1-3/4" x WOF strips; subcut (4) 1-3/4" x 9-1/2", (4) 1-3/4" x 7", (2) 1-3/4" x 6-1/2" and (2) 1-3/4" x 4" rectangles.
M		53044-7 Violet	5/8	(1) 4" x WOF strip; subcut (1) 4" and (8) 3-1/2" squares. (3) 2" x WOF strips; subcut (4) 2" x 7" and (4) 2" x 4" rectangles; reserve remainder for panel block piecing.





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KEY	FABRIC	SKU	YD	CUTTING INSTRUCTIONS
		53044-8 Violet (continued)	5/8	(2) 1-3/4" x WOF strips; subcut (2) 1-3/4" x 9-1/2", (2) 1-3/4" x 7", (2) 1-3/4" x 6-1/2" rectangles and (2) 1-3/4" x 4" rectangles.
<b>N</b>		53044-8 Pink	5/8	(1) 4" x WOF strip; subcut (2) 4" and (8) 3-1/2" squares. (1) 2-1/2" x WOF strip; subcut (2) 2-1/2" x 10-1/2" rectangles. (2) 2" x WOF strips; subcut (2) 2" x 7" and (2) 2" x 4" rectangles; reserve remainder for panel block piecing. (1) 1-3/4" x WOF strip; subcut (2) 1-3/4" x 9-1/2", (2) 1-3/4" x 7", (2) 1-3/4" x 6-1/2" and (2) 1-3/4" x 4" rectangles. (1) 1-1/2" x WOF strip; subcut (2) 1-1/2" x 12-1/2" rectangles.
		Backing	3-3/4	Batting 66" x 80"

## PANEL CUTTING

1. Referring to the panel diagram, fussy-cut the following pieces at the approximate sizes listed (width x height). If your trimmed sizes vary slightly, the strips added in steps 2-6 will fix it.

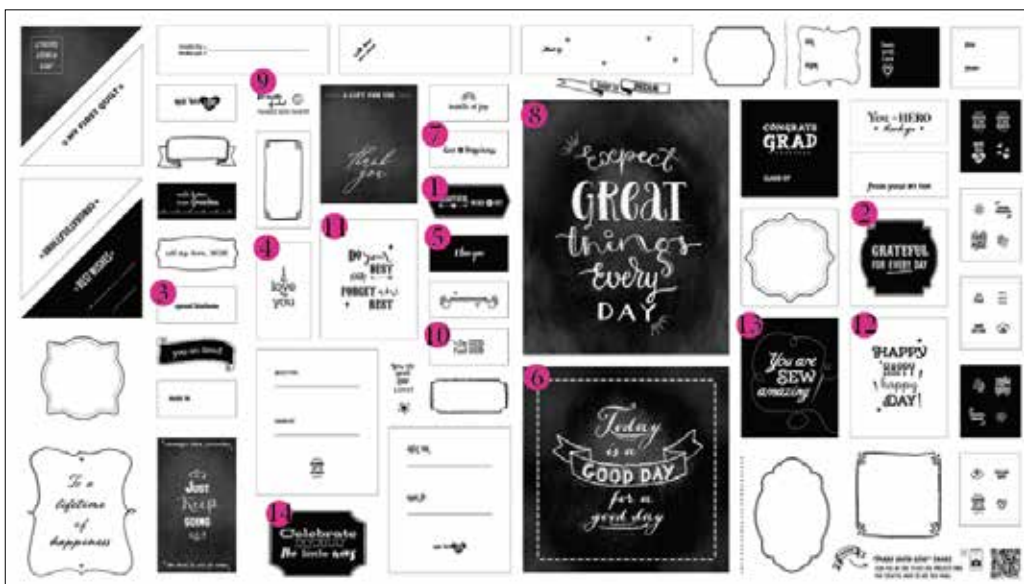
**Quilt row 1:** **1:** 4" x 2-1/2"; **2:** 4" square; **3:** 3-1/2" x 2"; **4:** 2-1/2" x 4"

**Quilt row 2:** **5:** 3-1/2" x 2"; **6:** 8-1/2" square; **7:** 3-1/2" x 2"

**Quilt row 3:** **8:** 8-1/2" x 10-1/2"

**Quilt row 4:** **9:** 3" x 2"; **10:** 3-1/2" x 2"

**Quilt row 5:** **11:** 4" square; **12:** 4" square; **13:** 4-1/2" x 5-1/2"; **14:** 5-1/2" x 3-3/4"





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## MAKE THE BLOCK CENTERS

**NOTE:** For block centers, use reserved 2" x WOF strips around fussy-cut **A** pieces. Trim block centers to indicated size, centering the **A** piece.

2. Use the **L** 2" x WOF strip to add top and bottom strips to **A** piece #1 and trim excess. Square up #1 block center to measure 4" square. In the same way, use the **M** 2" x WOF strip to add strips to opposite sides of **A** piece #4 and trim excess. Square up #4 block to measure 4" square.



3. Use the **B** 2" x WOF strip to add strips to opposite sides of **A** piece #3 and trim excess. Add **B** strips to the top and bottom and trim excess. Square up #3 block center to measure 4" square.



4. In the same way, add the indicated print strips to the following **A** pieces; trim each to measure 4" square.

**A** piece #5: **L**  
**A** piece #7: **F**

**A** piece #9: **J**  
**A** piece #10: **N**

5. In the same way, add the indicated print strips to the following **A** pieces; trim each to measure 6-1/2" square.

**A** piece #13: **C**

**A** piece #14: **K**

## MAKE THE A6 BLOCK

6. In the same way, add **L** strips to **A** piece #6 and square up to measure 9-1/2" square.

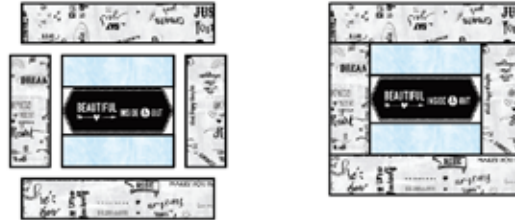




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## MAKE THE 18" SQUARE STAR BLOCKS

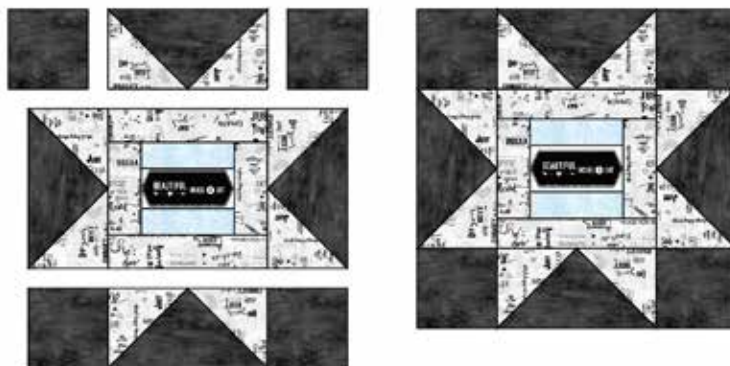
7. Sew **C** 1-3/4" x 4" rectangles to opposite sides of **A** piece #1. Sew **C** 1-3/4" x 6-1/2" rectangles to the top and bottom to make a star block center measuring 6-1/2" square. Note: Star block centers 2, 11 and 12 will be created around just the A piece measuring 4" square (no additional piecing).



8. Draw a diagonal line on the wrong side of (8) **C** 3-1/2" squares. Position a marked square on one end of (1) **J** rectangle. Stitch on the drawn line, trim seam allowance to 1/4", and press open. Repeat on the opposite end to make a **C-J** flying geese unit. Make (4).



9. Sew **C-J** units to opposite sides of the star block center. Sew **J** 3-1/2" squares to both ends of the remaining (2) **C-J** units and sew to the top and bottom to complete (1) star block.



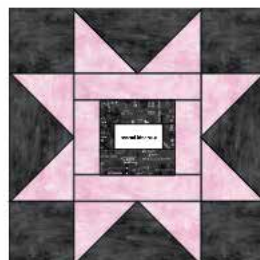
**A piece #1/L/C  
Star Block  
12-1/2" square**

10. Repeat steps 7-9 to make a total of (8) star blocks, using the combinations shown.

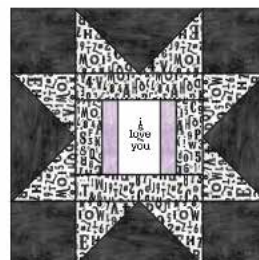
**A piece #2/L  
Star Block**



**A piece #3/B/N  
Star Block**



**A piece #4/M/G  
Star Block**







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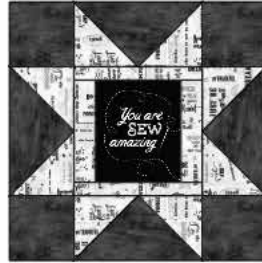
A piece #11/F



A piece #12/M



A piece #13/C



A piece #14/K



## MAKING THE LOG CABIN BLOCKS

11. Sew **E** 2" x 4" rectangles to opposite sides of (1) **N** 4" square. Sew **E** 2" x 7" rectangles to the top and bottom of the square. Sew **I** 1-3/4" x 7" strips to opposite sides and **I** 1-3/4" x 9-1/2" rectangles to the top and bottom to complete (1) log cabin block. Make log cabin blocks using the combinations shown.

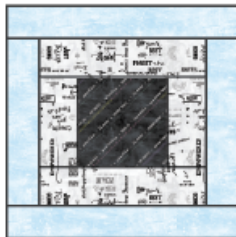


**N/F/I** Log Cabin Block  
9-1/2" square

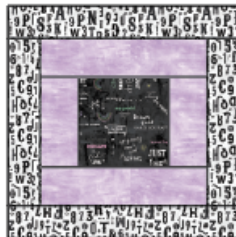
A piece #5/E/K



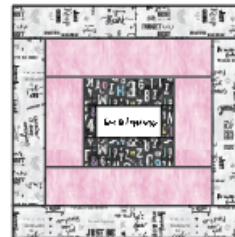
H/C/L



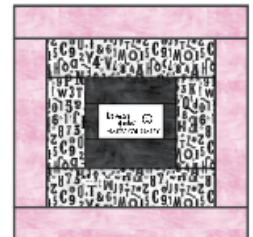
B/M/G



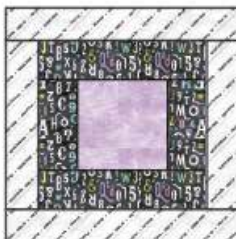
A piece #7/N/C



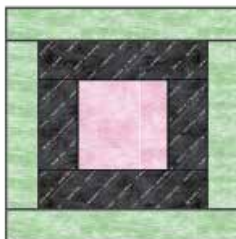
A piece #9/G/N



M/F/I



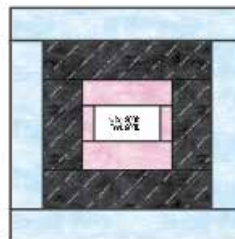
N/H/K



H/M/F



A piece #10/H/L



B/C/M





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## MAKING THE CENTER ROW BLOCKS

**12.** Referring to step 8 use **I** 5" squares and **B** 5" x 9-1/2" rectangles to make a total of (8) **B-I** flying geese units.

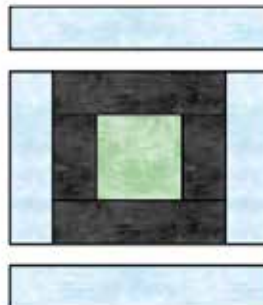
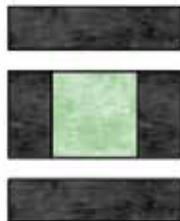
**13.** Referring to step 11 use **K** 3-1/2" squares, **J** 2" x 3-1/2" and 2" x 6-1/2" rectangles, and **L** 2" x 6-1/2" and 2" x 9-1/2" rectangles to make (2) log cabin units.

**Step 12**

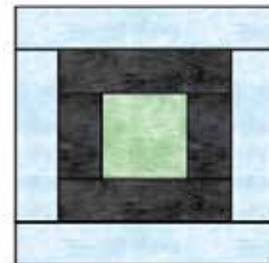


**B-I units**  
5" x 9-1/2"

**Step 13**

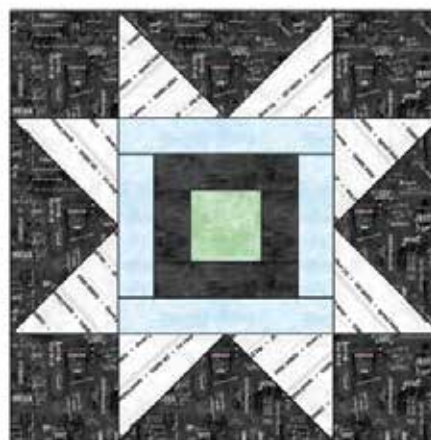
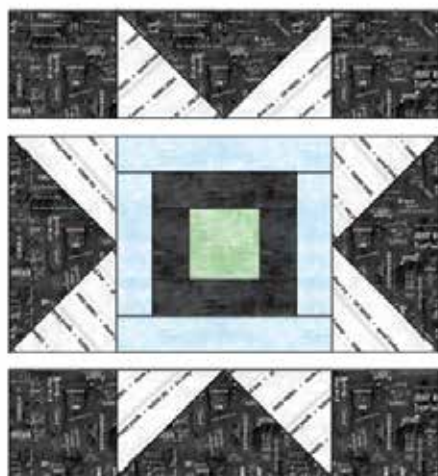


**Log Cabin units**



9-1/2" square

**14.** Sew **B-I** units to opposite sides of (1) log cabin unit. Sew **B** 5" squares to both ends of the remaining (2) **B-I** units and sew to the top and bottom to complete (1) center row star block. Make (2).



**Center Row Star Block**  
18-1/2" square  
Make 2

**15.** Sew **N** 2-1/2" x 10-1/2" rectangles to opposite sides of **A** piece #8. Sew **N** 1-1/2" x 12-1/2" rectangles to the top and bottom. Sew **B** 3-1/2" x 12-1/2" rectangles to opposite sides and sew **B** 3-1/2" x 18-1/2" rectangles to the top and bottom to complete the center row panel block.



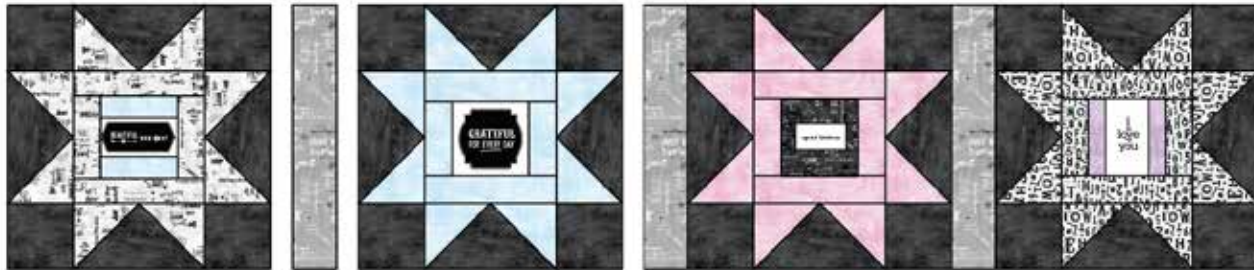




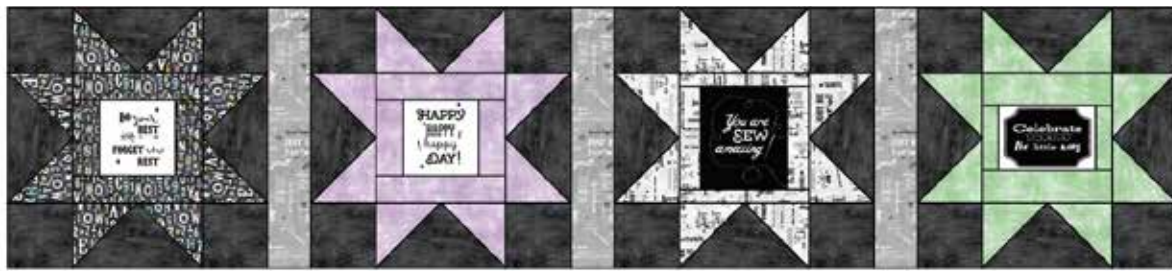
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## ASSEMBLING THE QUILT

**16.** Lay out (4) star blocks alternating with **D** 2-1/2" x 12-1/2" rectangles. Sew together to make row #1. In the same way, make row #5.

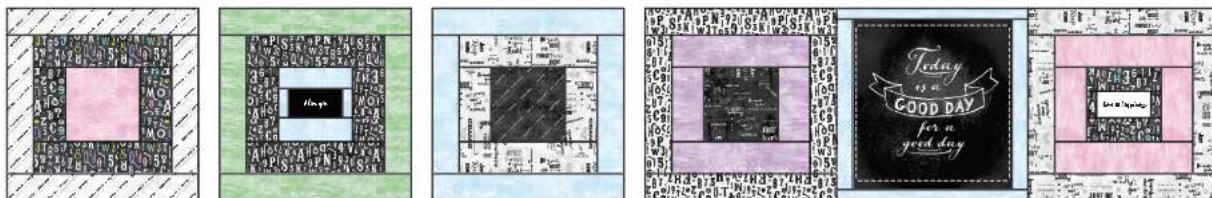


Row #1

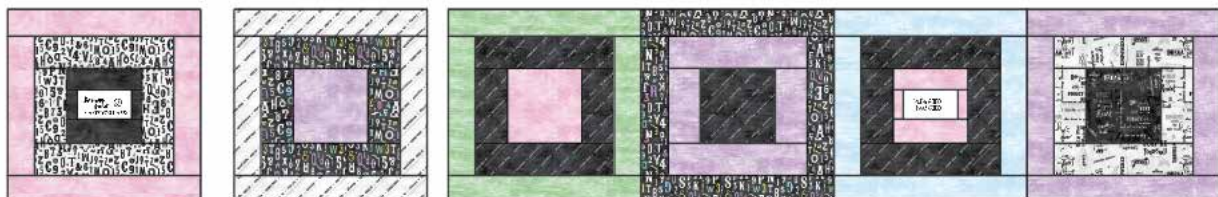


Row #5

**17.** Lay out (6) log cabin blocks and sew together to make row #2. In the same way, make row #4.



Row #2



Row #4



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**18.** Sew center row star blocks to opposite sides of the center panel block to make row #3.



Row #3

**19.** Sew the rows together alternating with (6) **D** 2-1/2" x 54-1/2" strips. Sew **D** 2-1/2" x 72-1/2" strips to opposite sides to complete the quilt top.

**20.** Sew **D** 2-1/2" x 72-1/2" strips to opposite sides of the quilt center to complete the quilt top.

**FINISHING:** Layer quilt top, batting and backing together to form quilt sandwich. Baste and quilt as desired. Bind using **J** 2-1/4" strips.





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Quilt Assembly Diagram