
LEARN LETTERING

The
Guide to
Mindful
Lettering

LIVE INTENTIONALLY

LISA FUNK



Hand Lettered Design

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hello@handlettereddesign.com
www.handlettereddesign.com

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What is mindful lettering?

This is what mindful lettering is to me and how we will use it throughout this book. Soon you'll see why to me, lettering is so much more than just putting pen to paper.

1 - It's meditative and therapeutic

Being present, allowing your mind to focus completely on the strokes, your form, how your arm and hand rest on the table can all be very therapeutic. My over-thinking brain really benefits from the break this allows as I breathe and allow my brain to rest while I focus on the movements and experience of lettering.

2 - The power of positive words

Our thoughts and minds have incredible power to affect our feelings, actions and lives! When we choose positive mantras and affirmations to letter, our brain focuses and internalizes them in a beautiful way that can change our mindset.

3 - Mindful lessons from lettering

As I have learned and taught lettering for years, I have learned that there are many valuable life lessons and analogies that I have been able to relate from the process of lettering. You will find them sprinkled throughout this book and I hope you will enjoy them as much as I do!

Tools of the Trade

Here I am sharing some of my favorite tools for brush lettering and they can all be found on Amazon or on our website HandLetteredDesign.com!

Everyone is different so I encourage you to try out different tools and see what you like best!

Paper Matters

Here are some suggestions of paper that is really smooth which is so important to make sure your brush pens don't get ruined.

- Card Stock - smooth as butter, card stock weight
- Dot Pad - great for sketching & pens, sooooo smooth
- HP Premium Choice Paper- super smooth without bleeding
- Tracing paper - you can use on top of worksheets (this book!)



Favorite Pencils & Erasers

I am not a snob about pencils. I love Yoobi pencils from Target because they come pre-sharpened and with a white eraser. (White erasers will make a huge difference in erasing well and not leaving a pink mark on your paper).

I like using:

- Pentel or Papermate White erasers
- Tombow Sand Eraser (this will actually erase pen marks!)

What pen is that?

I get asked this all of the time and there are a million brush pens so I'll just share a handful of my favorites!

**The pen I recommend to use with this book is a medium size brush pen (like the Faber Castell Pitt Artist Brush Pen) but you can use any brush pen you have!*



- Faber Castell Pitt Artist Pen - medium size, many colors



- Tombow Dual Brush Pen - bigger size, so many colors!



- Tombow Fudenosuke (hard or soft nib) - smaller scale



- Pentel Touch Sign pen - smaller scale, multiple colors



- Copic Multiliner Brush Medium - great for beginners

Anatomy of letter shapes



MOST IMPORTANT NOTES:

Upstrokes are thin, downstrokes are thick.
Ascenders go up higher than the midline/x-height.
Descenders go down below the baseline.

Form & Support

One of my secret weapons is to focus on our form!

1 - Start at the table

When you're starting out, a table will help you get the right form. Sit up straight with both feet on the floor.

2 - Get your elbow on the table

Make space so you can rest your whole forearm and elbow on the table for support. Put pressure on your arm rather than all on your hand.

3 - Pinky on the paper

Try resting your pinky down on the table and support your hand so it's easier to control the pen.

4 - Strength in your shoulder

As you're lettering, try to engage your shoulder muscle to help you as you're lettering. As you take some of the pressure off your hand, you'll be able to have so much more control!

5 - Hold your pen at 45 degrees

Hold your pen at a 45 degree angle so that the tip of the brush is laying on its side. This will create a beautiful stroke and also keep your pens from fraying.

Mindfulness Tip: Just like we forget to give support to our hands and arms in lettering, remember that we also need support in our lives! Whether it's friends, family, neighbors, a therapist, books, make sure to build up and utilize your support team. You aren't alone!

Time for drills

Now it's time to practice with your brush pen! Take your time and don't worry about it being perfect. You can use tracing paper over the top to practice many times.

Allowing my mind to focus while I'm doing drills can actually be very relaxing!

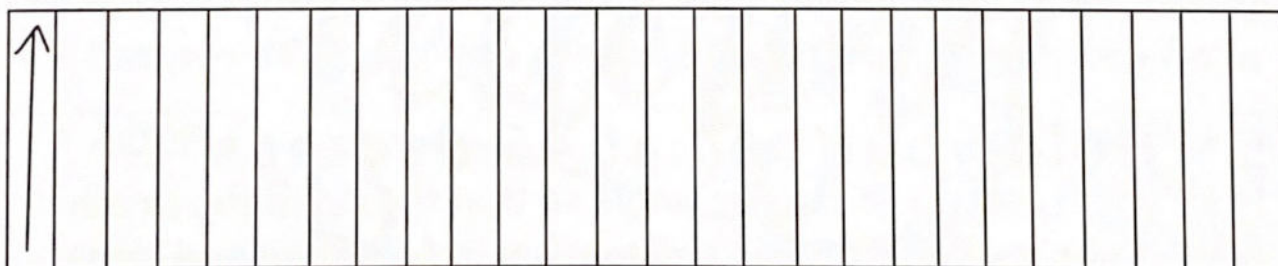
DOWNSTROKES - Hold your pen at a 45 degree angle, lay the brush down with heavy pressure and pull your pen down. If you have the brush at an angle, don't be afraid of pushing too hard.



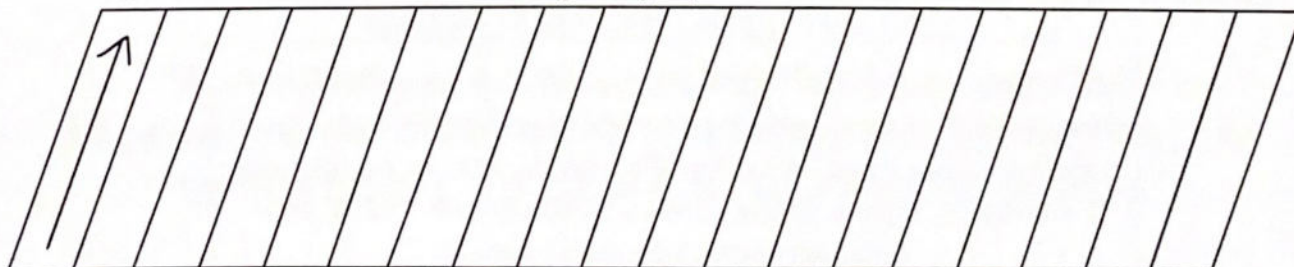
Now do more **DOWNSTROKES** at an angle pulling it down.



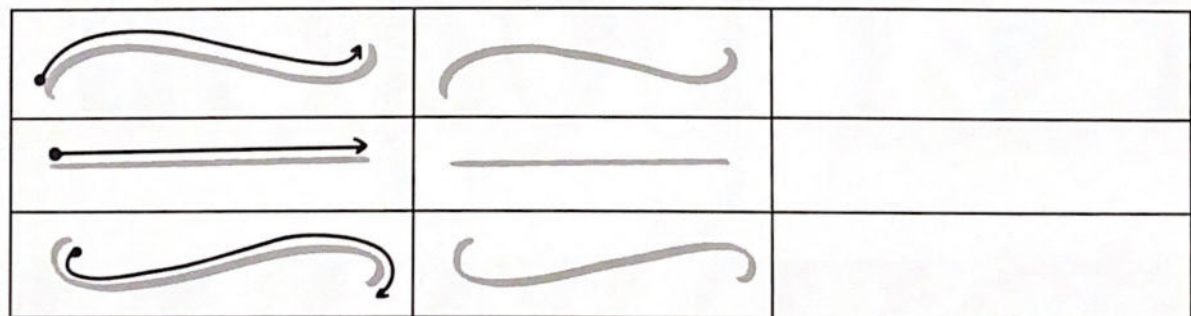
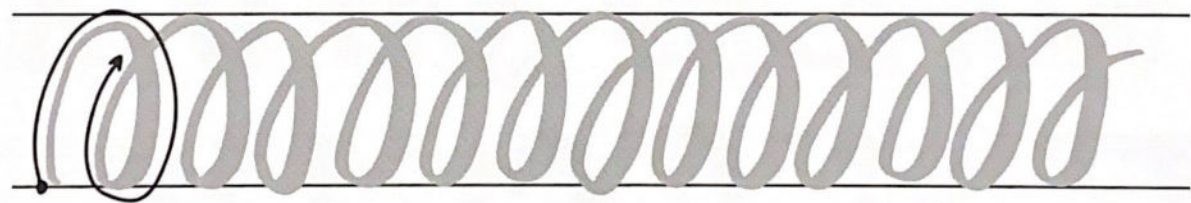
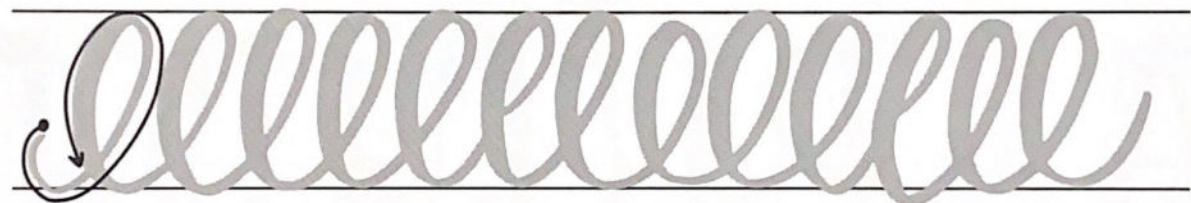
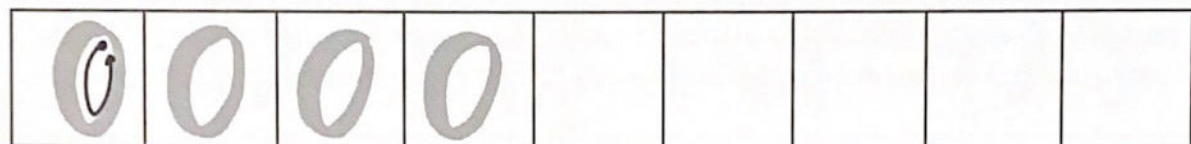
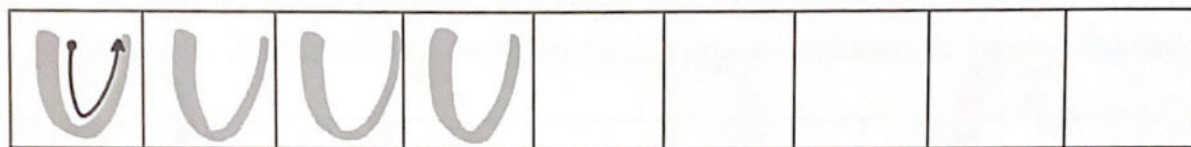
UPSTROKES - Again, hold your pen at a 45 degree angle, but for an upstroke start at the bottom and use light pressure to create a thin stroke going up. They will be shaky at first!



Now do more **UPSTROKES** at an angle. Light pressure for thin strokes.



Now you are going to try some other types of drills to learn how to control your brush pen.

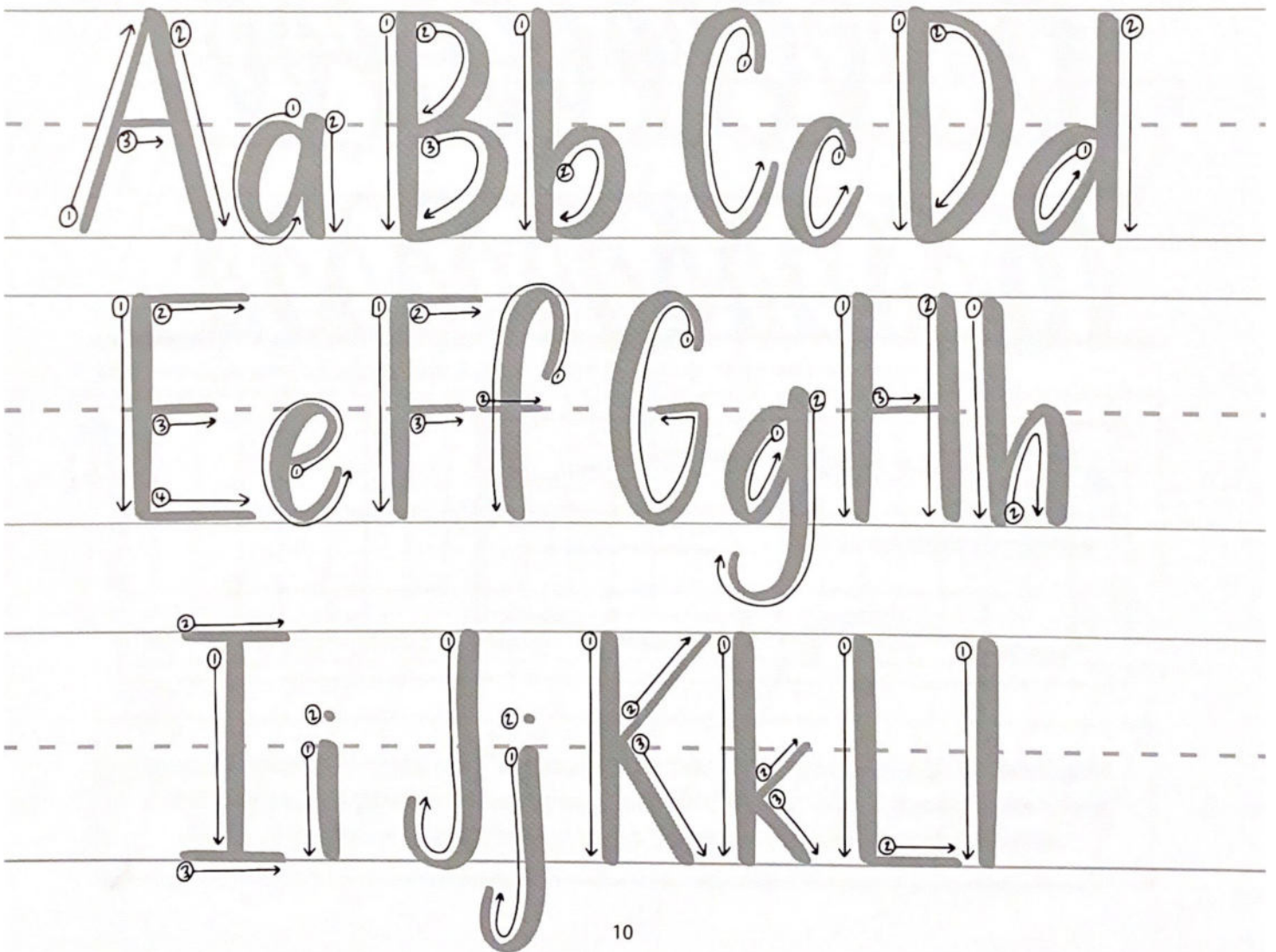


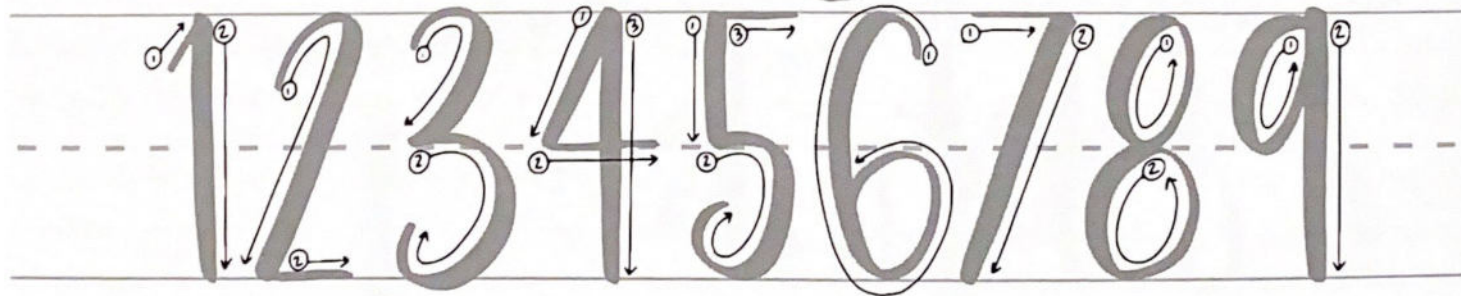
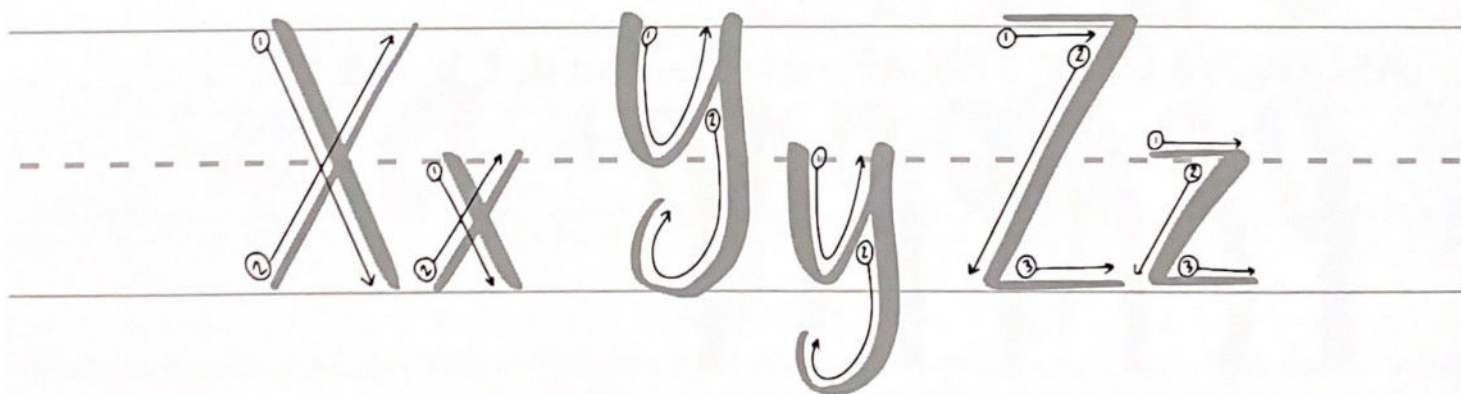
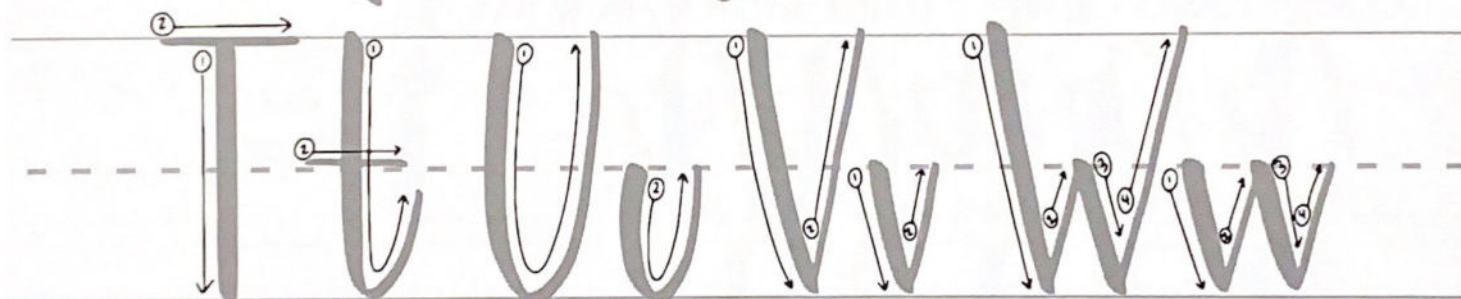
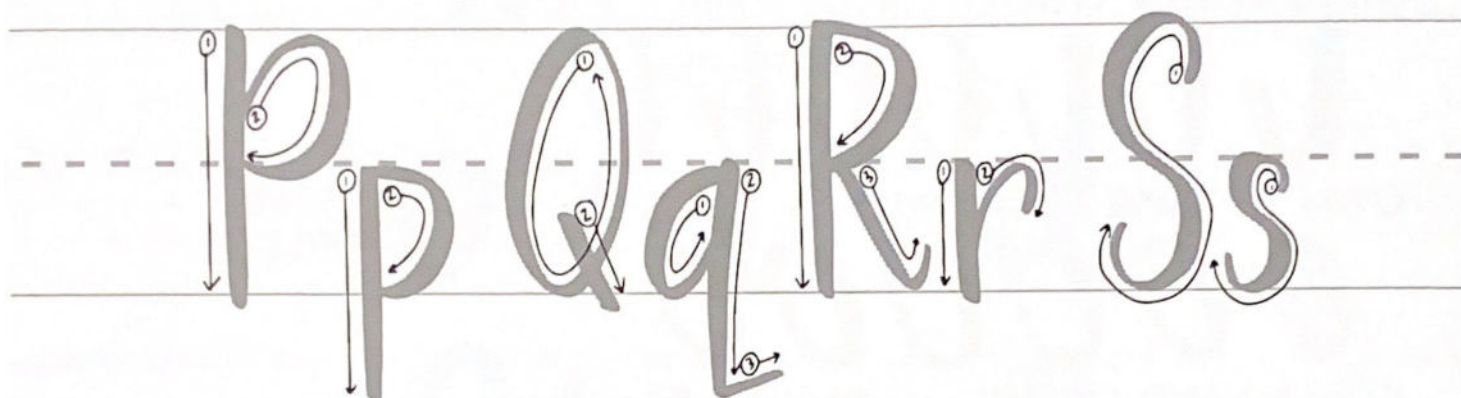
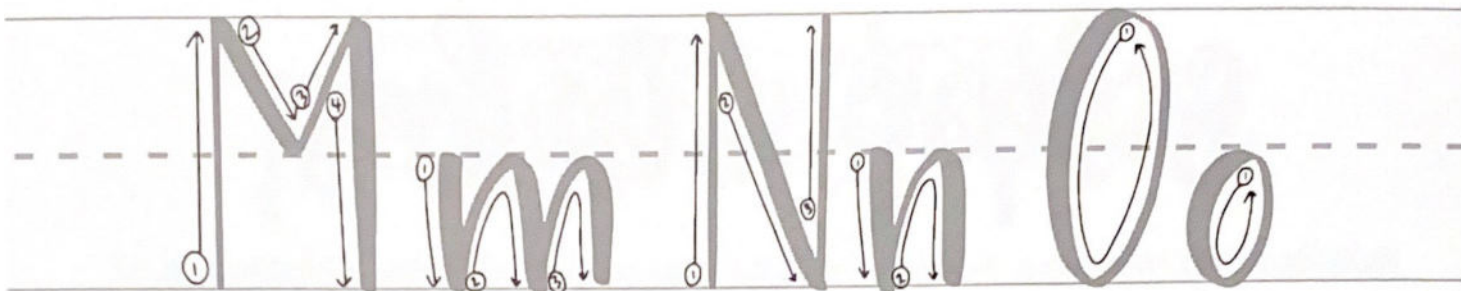
Mindfulness Tip: Take your time and try to focus of your attention on your form and creating each individual stroke. Your strokes will be shaky at first and that's okay! Trust the process and you'll build up the muscle memory in time!

PRINT BASICS

It's always smart to start with the basics. We will get fancier later but for now we are going to learn step by step how to create Print Letter Shapes.

Mindfulness Tip: When thinking about your mental health, it also helps to get back to the basics. Think to yourself: Am I getting enough sleep? Am I eating well? Moving my body? Make sure you take care of yourself before getting too "fancy" and you'll be so much happier and be able to take much better care of yourself.





script strokes

Practice each of these strokes that you'll use a ton when script lettering

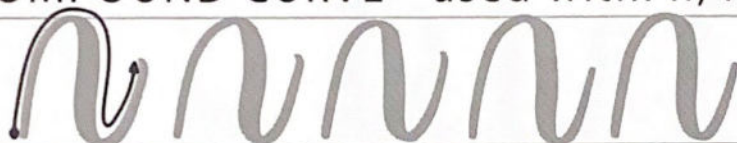
UNDERTURN STROKE - used with: i, a, u & w



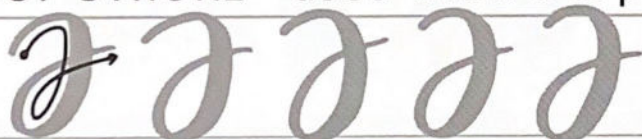
OVAL STROKE - used with: o, a, d & g



COMPOUND CURVE - used with: h, m & n



LOOP STROKE - used with: b & p



ASCENDER LOOP STROKE - used with: d, f, h, k & l



DESCENDER LOOP STROKE - used with g & y



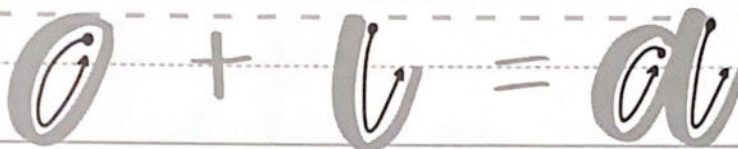
put it together

You can combine these script strokes to create many letters of the alphabet.

*Make sure exit strokes go to the "magic" dotted line.

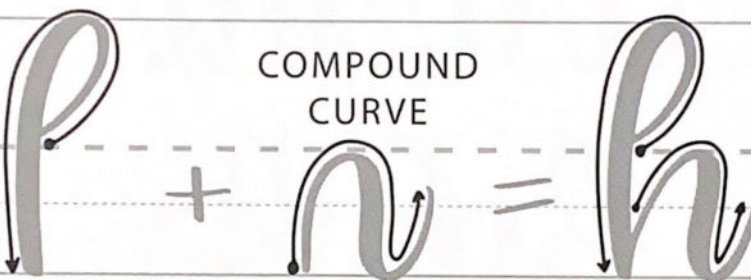
UNDERTURN
STROKE

OVAL
STROKE



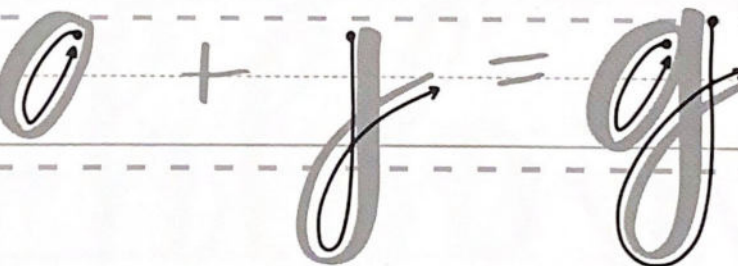
ASCENDER
LOOP
STROKE

COMPOUND
CURVE



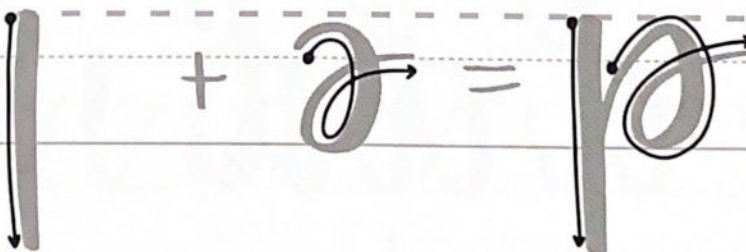
DESCENDER
LOOP STROKE

OVAL
STROKE



DOWNSTROKE

LOOP
STROKE



Script alphabet

Now we've made it to the script alphabet! You will see multi-stroke combinations for each letter. Remember to pick your pen up after each stroke. You don't need to follow the direction from the previous stroke, they just need to connect to each other.

o v = a a a a a

p a = b b b b b

c c c c c

l d = d d d d d

e e e e e

l l l l l

o + j = g g g g

p + n = h h h h

i i i i i i i

i i i i i i

p + e = k k k

e e e e e e e

l + n + n = m m m

l + n = n n n n

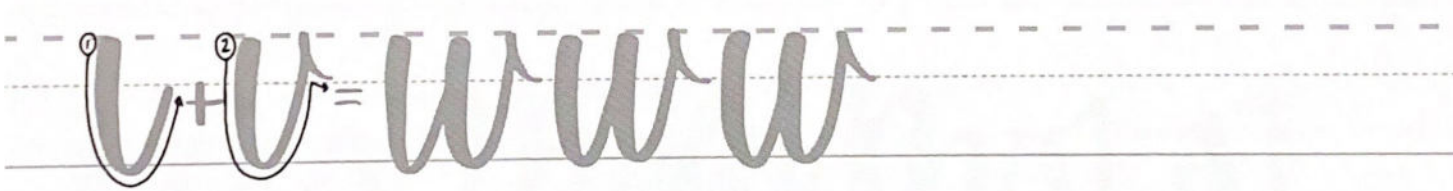
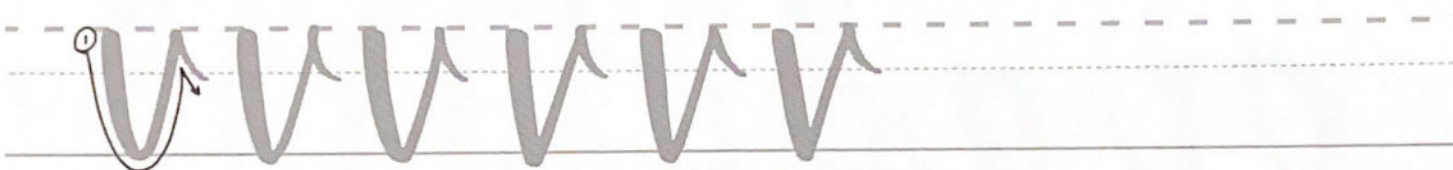
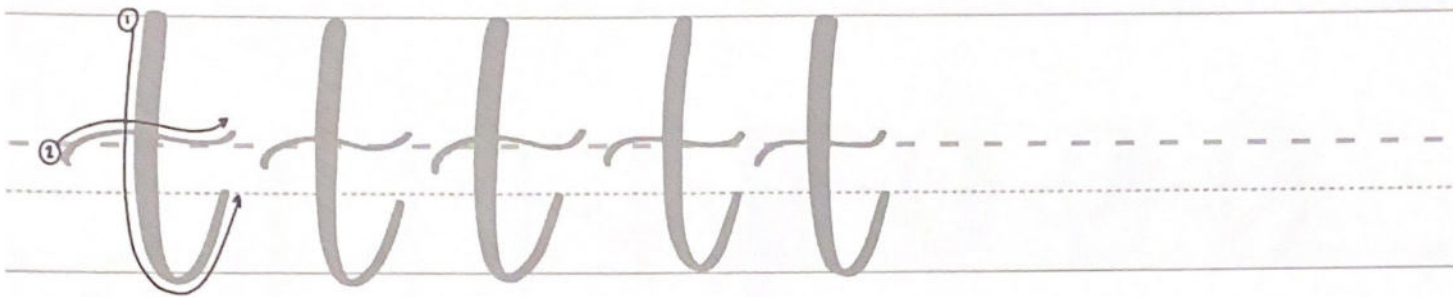
o o o o o

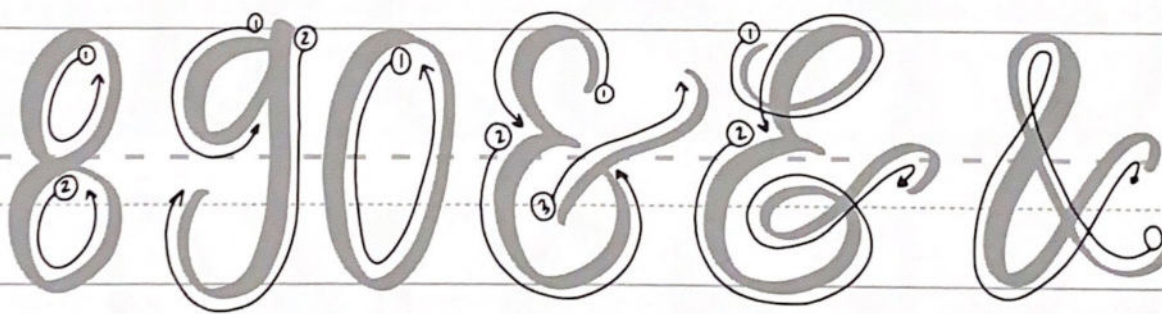
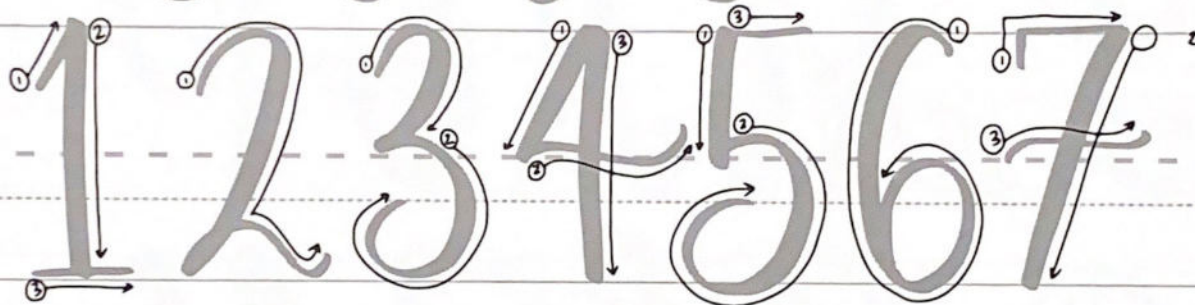
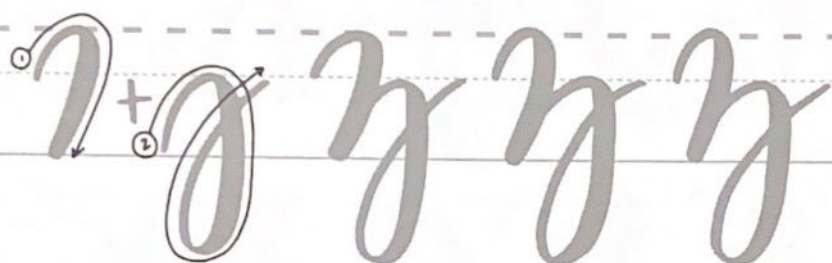
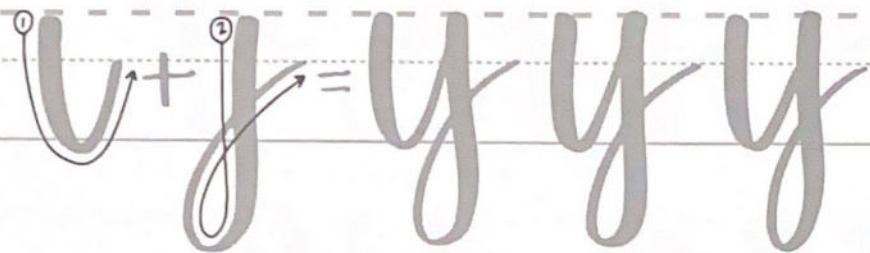
l r r r r

q q q q

n n n n n

s s s s s





Mindfulness Tip: When you try writing the letters on your own, you'll notice they are imperfect. You are going to have to force yourself to accept and even embrace the imperfection! In life, we also have to embrace our imperfections. If we want to learn and grow and ENJOY what we're doing, we must embrace imperfection!!

A B C D E F

G H I J K

L M N O P

Q R S T U

V W X Y Z

PRACTICE PAGE

Tip: You can use tracing paper over this page to practice different phrases multiple times.