

# Find what works for you

Part of the fun of lettering is making it unique and seeing what you like! Here you will see three different midlines and three different widths and how it can change the look of letter shapes. You can use varying midlines & widths to create your own unique letters!

**Mindfulness Tip:** In life in general, it's okay to see what works for other people to find happiness & mental wellness but try different things until you find what works for you! Don't be afraid to try something new!

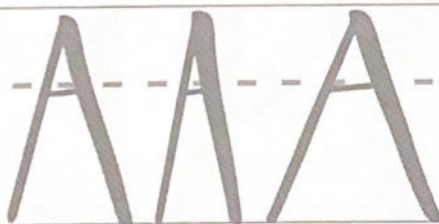
## MEDIUM MIDLINE



## LOWER MIDLINE



## HIGHER MIDLINE



↑ medium width    ↑ thin width    ↑ wide width

MEDIUM MIDLINE



LOWER MIDLINE



HIGHER MIDLINE



MEDIUM MIDLINE

LOWER MIDLINE

HIGHER MIDLINE



# Take it up a notch

These instructions will apply to the next 5 pages where you will practice putting one word together at a time.

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1 - Practice writing each letter separately bringing each exit stroke up to the "magic" dotted line

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2 - Pick up your pen in between connecting each letter.  
(except don't lift up before letters: r, s, x & z).

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3 - Start dropping some of the exit strokes below the baseline to achieve that modern calligraphy look.

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4: Look for opportunities to add interest with flourishing.

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**Mindfulness Tip:** Just as you need to focus on connecting letters to create words, you must also be aware of how important it is to CONNECT with others, especially during tough times. Reach out to a friend and you'll likely start to feel so much better!

**Mindfulness Tip:** When in the middle of anxiety, depression or merely a stressful situation, the first thing I focus on is this word - BREATHE. I will letter it and re-letter it over many times while I relax, breathe & often I can feel the tension subside. I hope it's helpful for you too!

1.

breathe

2.

breathe

3.

breathe

4.

breathe



**Mindfulness Tip:** ALLOW. The reason I chose this word is because one of my big missteps is when I try to RESIST being human. I fight having any negative emotion when just ALLOW-ing it would help it to leave sooner! As you letter this word, try to let yourself feel.

1.

allow

2.

allow

3.

allow

4.

allow

**Mindfulness Tip:** When I am stressed out, worried or having a hard time, the best thing I can do is to TRUST that it is all going to work out. TRUST that I won't always feel the negative emotion that I'm now feeling. As you letter the word TRUST, try to let some of your fear or worry go.

1.

trust

2.

trust

3.

trust

4.

trust

**Mindfulness Tip:** When I am struggling, I honestly can't depend on my mind & thoughts to comfort me. I have to BELIEVE that things are better than they seem in my mind. I'm a religious person so I focus on how I can BELIEVE that God will take care of me until I can feel better.

1.

believe

2.

believe

3.

believe

4.

believe



**Mindfulness Tip:** The reason I cling to the word SURRENDER during stressful times is because I have to surrender the things I can't control! I have to SURRENDER my plan, how I thought things should go. I have to surrender to what may become an even better situation than I had planned.

1.

surrender

2.

surrender

3.

surrender

4.

surrender