

# 3 Tips...to Easily Improve Your Handwriting

by Vanessa Lowry

The two main excuses I get from folks about why they don't handwrite notes are:

- ***I have horrible handwriting.***
- ***I'm stressed and don't have time.***

This article will give you 3 tips to improve your handwriting and also how you can invest your note-working time to reduce your stress while sharing your energy.

We have become a nation of individuals who think we shouldn't do something unless we do it well. That means we miss out on a lot of joy, satisfaction and fulfillment because we think activities should only be left to those who excel. (Singing, sports, art, writing notes...) What we forget is that individuals who do something well did it poorly at first and got better with practice. Even those with a natural affinity for an activity only improve with practice.

We all learned to write in elementary school. Most of us learned to print, then to write cursive. When I was in 2nd and 3rd grades, we had class time dedicated to writing every day and grades I received on homework and exams were tied to neatness and handwriting. (FYI, it is OK to print your notes if you are more comfortable with that style of handwriting.)

With the storm of technology that has blown through since I was a child, many of us spend hours in front of our computer, but little with an actual pen and paper — so we are a little out of practice and a whole lot stressed and rushed.

## Here are 3 Tips to Easily Improve Your Handwriting

- 1) Slow down.** Take a breath and give this activity your focused attention for a few minutes. A moderate rate of handwriting is 15 – 30 words per minute. We suggest no more than 40 words for each note you write, so even slowing to a moderate pace will allow you to easily write a note and envelope in under 2 minutes.
- 2) Have a consistent body height for the letters of all your words** — this is one of the essential characteristics for legibility. Leave the width of an "n" between words.
- 3) Relax your hand.** If you hold your pen too tightly, your writing will look cramped and you will tire easily. Have a

scrap piece of paper and scribble on it to loosen up or tap your index finger on your pen several times as you get ready to write.

## Focus to Reduce Stress

Now, consider the stress reduction part of this activity. We often zoom through life rushing from one activity to the next, ending up at the close of day feeling that we didn't accomplish enough and that we missed most of what happened in the day. A key way to counter that feeling is to focus on items and activities as you do them. Instead of multi-tasking five

things at one time, give each of those five items a time of its own and you will be shocked at how much you get done, the improvement in the results and the enjoyment you get from it.

Jack Kornfield says it well with this quote, ***"As you walk and eat and travel, be where you are. Otherwise you will miss most of your life."***

We want you to enjoy your life and have designed the PIP Note-Working Success System™ so you can use a small focused amount of time each day to handwrite 3 notes in less than 10

minutes. For 10 minutes of your day, focus your intention and invest in the 3 recipients to whom you are writing a note. As we mentioned earlier in this article, at a moderate pace of writing, each note will take 2 minutes or less. The energy you put into your handwritten note is exchanged with your recipient when they read your note!

I've been told by practitioners of Feng Shui that handwriting notes is a positive way of sharing your energy with another individual. (*Feng Shui is the Chinese art and discipline of arranging your physical space to allow the flow of energy for health, wellness and prosperity.*) Use handwritten notes as a powerful tool to connect.

Reduce your levels of stress by creating a still point in your day — using your note writing time to breathe and focus as you share your energy and intent with clients, prospects and friends. Try it for a week and see how it makes you feel. Handwrite notes for a month and you will be astonished at the responses you receive and the powerful connections you make. Enjoy your note writing time and your handwriting will improve with practice!



***Stop multi-tasking! Focus on one thing at a time to reduce stress. Strengthen relationships by using a few minutes each day to handwrite notes and create a still point in your day.***

**Start your habit now of handwriting personal notes — reduce stress while strengthening relationships.**

Write 3 notes a day in less than 10 minutes with the Note-Working Success System™, find out more at [www.ProfitsinProgress.com](http://www.ProfitsinProgress.com) • 678-521-8820