



7 STEPS TO IMPROVING YOUR HANDWRITING + PRACTICE DRILLS

“I like the process of pencil and paper as opposed to a machine. I think the writing is better when it's done in handwriting.”

- Nelson DeMille

After overdosing on calligraphy and handwriting feeds on social media the team at Soothi wanted to improve our own handwriting skills. So, we did some research, connected with experts, and gathered some feedback on how to improve ones handwriting.

We firmly believe that handwriting is a beautiful art from that can be a deeply personal expression of self. So we have put together this ebook for all those people that love the art of handwriting.

In this e-book, you will find a 7 step guide on how to improve your handwriting, practice drills for you to get started, and some fun facts that you can enjoy along the way.

STEP 1: IDENTIFY AREAS OF IMPROVEMENT

a. Exercise: Write down a paragraph. It can be anything from a long quote from your favorite novel, to song lyrics, to 5 things that happened to you, today. The goal is to have at least 5 sentences. This will help you get an idea of what your handwriting looks like on average.

b. Analyze: Review what you just wrote and figure out what aspect of your handwriting you would like to improve.

- Do you want to write in cursive more often? Or do you want to bring consistency in your font size? It may even be that you want more consistency in the style of your writing.
- Look for certain patterns like hard corners, letters blending together, stiff lines, or lots of loops.
- Determine how straight or slanted your writing is, as well as the spacing between words and letters.

STEP 2: FIND YOUR TOOLS FOR SUCCESS

a. Experiment: Not all pens are created equal. This is why it is important to figure out what writing utensil you feel the most comfortable using. Play around with a few different pens (ballpoint, gel, fine liner, rollerball, fountain pen, pencil, etc.) and figure out which one makes you WANT to write. The right writing utensil alone can have a major impact on your handwriting.

b. Action: Be ONE with the pen! Believe it or not there is a right way to hold a pen. It's ideal to hold it between your thumb and index finger and closer to the bottom 1/3 for best results.

- Holding the pen too tightly or loosely can also impact handwriting, so pay attention your grip and make it comfortable. Think about when people write with rage and how tight they are usually holding the pen. Their writing then reflects the rage.

Fun Fact : Cuneiform emerged from Mesopotamia 5000 years ago and was the first form of writing.

STEP 3: SET YOUR GOALS

Exercise: Spend some time on Instagram or Pinterest and find some examples of handwritings that you love and would like to work towards.

- Action: Use a font website to find fonts that are similar to the inspirations you selected.
- Our Favorites are: Authenia, White Oleander, Anonymous and Architects Daughter.

TIP1: use #studyblr to find lots of ideas on Instagram.

TIP2: Google Fonts, Font Squirrel, or My Fonts have loads of free fonts that can be downloaded.

Fun Fact: The font Carolingian minuscule that popped up during the 12th century is the basis for Western typography

STEP 4: BUILD REFERENCE MATERIALS

Design: Once you have download and installed your free font (guide to installing fonts PC, MAC) open a word document and create a practice sheet.

- A practice sheet can be created by typing uppercase and lowercase words, as well as numbers into the document and coping it over multiple rows. Be sure to use a font size that will be easy to trace (12pt or 14pt are usually ideal).
- Skip this step by using the sheets we have created for you at the end of the ebook.

"Like seeing a photograph of yourself as a child, encountering handwriting that you know was once yours but that now seems only dimly familiar can inspire a confrontation with the mystery of time."
— Francine Prose

STEP 5: PRACTICE MAKES PERFECT

Exercise: Once you have a few copies of your practice drill sheets, start tracing over the font a few times.

- This will help build muscle memory and help you retain the handwriting movements.
- This will also help you identify if there are certain letters in the alphabet that you struggle with more over others. Spend a little extra time on the ones that need more attention.
- This is the most important element of improving your handwriting. The practice drills are all about your fine motor control and can help train your hand to automatically make common shapes and develop uniformity in your handwriting.

Tip1: Take it slow, sit up straight, stay focused.

Tip2: Give yourself a dedicated amount of time a day to practice. We suggest practicing for 10 minutes, 2 to 3 times a day. Practicing for short periods of time keeps this fun and limits frustration or hand cramps. Do not push yourself to a place where you start seeing this as a chore instead of an enjoyable self-improvement activity.

STEP 6: QUIZ YOURSELF

- Quiz 1: Try writing a line of alphabets from your practice sheets with your eye closed and focus on the motion of your hands.
- Quiz 2: Once you feel comfortable with your tracing skills try to copy the fonts on a new sheet of paper or journal and assess how similar your free hand was to the practice sheets.

TIP1: Once you have graduated from the practice sheets get a dedicated journal where you just write. You can write quotes, feelings, daily wins, or anything else that gets you excited about practicing your handwriting.

TIP2: Doodling can be a great warm-up exercise that helps relax your hands. Try practicing some basic shapes like circles and lines for a few minutes, before starting on the actual writing.

Fun Fact : Palaeography is the study of ancient and historical handwriting

STEP 7: BE PATIENT

- Improving or changing your handwriting takes time and patience, so keep practicing! Make it into a fun activity that you do while listening to a podcast or some music.
- Try to write more often. Maybe keep a daily journal or send more handwritten postcards. The more you write the better your handwriting will be.

Fun Fact : U.S. President Garfield was ambidextrous and could apparently write in Greek with one hand whilst writing in Latin with the other!

Tag your handwriting on Instagram to share your progress (@ShopSoothi)! 

If you would like additional resources here are some good books on handwriting:

- ∞ Teach yourself better handwriting by Rosemary Sassoon
- ∞ Fix it write by Nan Jay Barchowsky
- ∞ Cursive Handwriting Workbook for Girls by Julie Haarper
- ∞ Pick Up Your Pen: The Art of Handwriting by Monica Dengo

QUIZ: Can you guess what 97 per cent of people write when they are trying out a new pen for the first time?! When trying out a new pen for the first-time 97 percent of people write their own name!

ABOUT SOOTHY

We create and curate inspired accessories for inspiring workspaces, from individual objects to hand-coordinated, customized desk collections. Because we believe that when people work with passion, they live with purpose and make the world a better place. Our products are more than office supplies. They are catalysts and containers for creativity and change. They are purposeful, universal objects that physically, personally connect us to our greatest inspirations, aspirations, ideas—and to the world we all share.



**Not until we are lost
do we begin to understand ourselves.**

Henry David Thoreau

Print Handwriting Practice

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 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 1 2 3 4 5 6 7

8 9 0 ! & . ?

Print Handwriting Practice

The quick brown fox

jumps over the lazy

dog.

**Pre-Cursive
Handwriting Practice**

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 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 1 2 3 4 5 6 7

8 9 0 ! & . ?

**Pre-Cursive
Handwriting Practice**

The quick brown fox

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Cursive Handwriting Practice

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 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 /

2 3 4 5 6 7 8 9

0 ! & . ?

Cursive Handwriting Practice

The quick brown

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lazy dog.



Reference used in this ebook:

- ⊗ Fix It Write by Nan Jay Barchowsky
- ⊗ Improve Your Handwriting (Teach Yourself) 1st Edition by Rosemary Sassoon
- ⊗ <http://mentalfloss.com/article/88517/9-hand-facts-about-history-handwriting>
- ⊗ www.goodreads.com
- ⊗ Cursive Handwriting Workbook for Girls by Julie Harper
- ⊗ Pick Up Your Pen: The Art of Handwriting by Monica Dengo