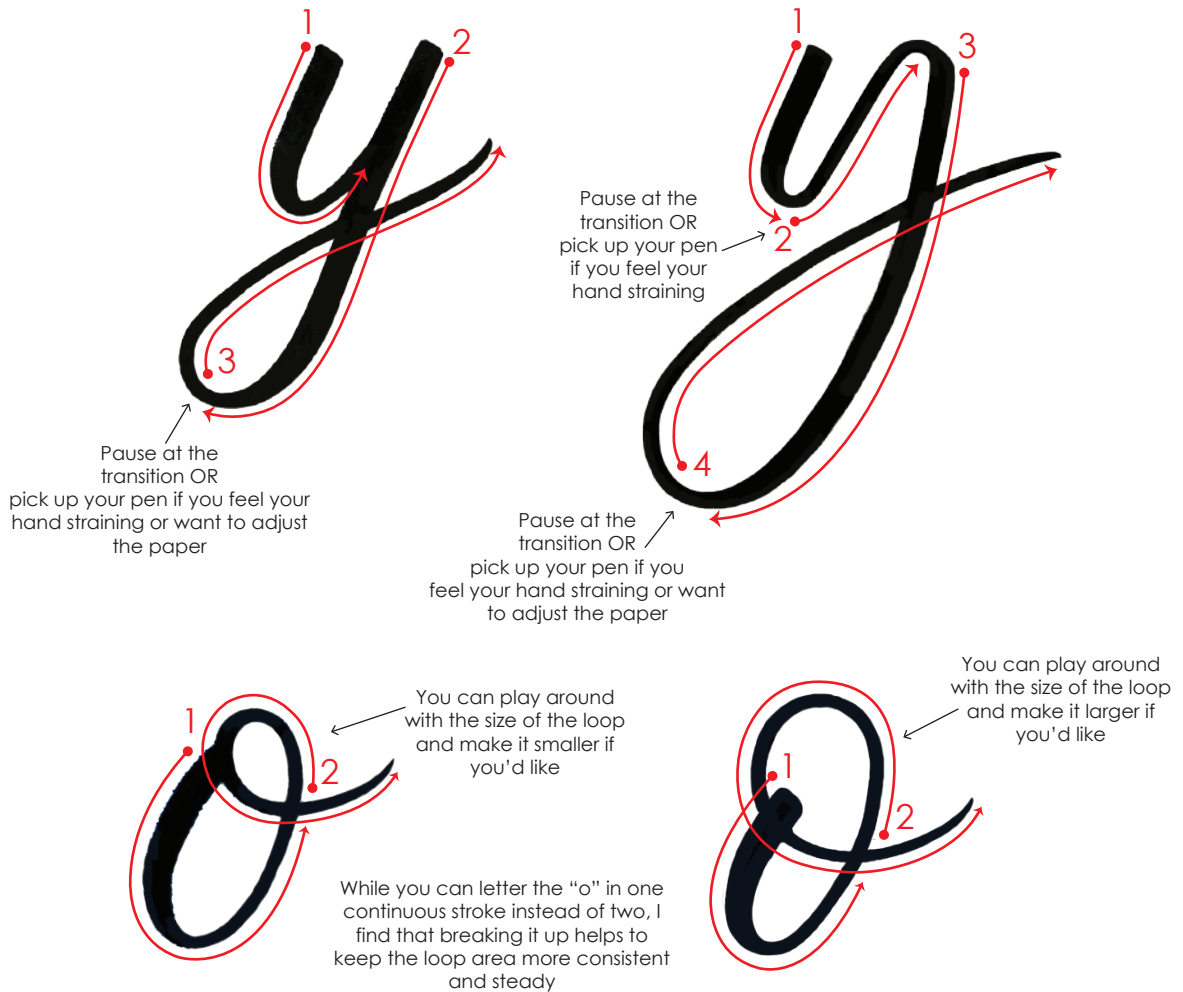


# THE BETTER LETTERS IN 15 CHALLENGE

## WEEK 2 | DAY 1 | LETTERS

### TRUST YOUR CREATIVITY

These are the letters we will be practicing today: y, o  
Here are examples, variations, and guidelines for each letter:



While you can create the letters above in one continuous stroke, the more that you break them down into **multiple strokes**, the steadier and more consistent your lines will be because you'll have time to adjust your hand and paper to keep it at its most comfortable position.

I prefer to stop and pick up my pen where the red dots are. When I reach a stroke where I feel like my hand will be strained while lettering it, I will move and adjust the paper so that my hand feels more comfortable. A strained hand or uncomfortable positioning will create shaky and inconsistent strokes.

y y y y y y y y y

y y y y y y y y y

o o o o o o o o o o

o o o o o o o o o o

