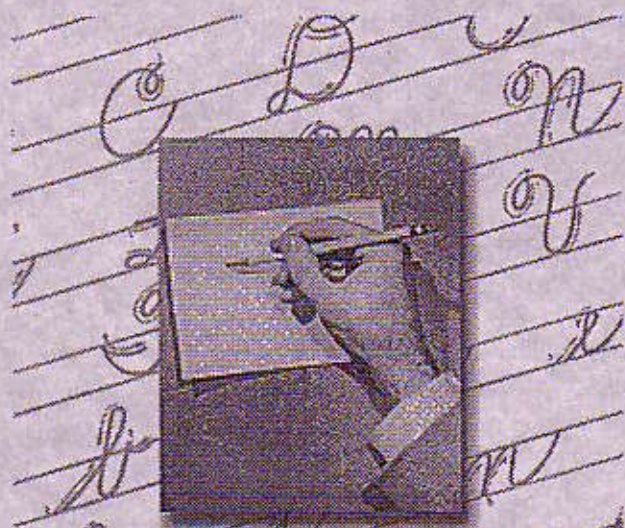


# Change Your Handwriting Change Your Life!



## “Change Your Life in 30 Days”

### Grapho-Therapy Workbook

(For adults or kids ages 13 and up.)

AUTHOR:

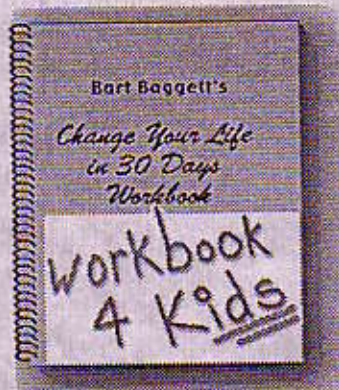
*Barry B. B. B.*

ENDORSED BY:





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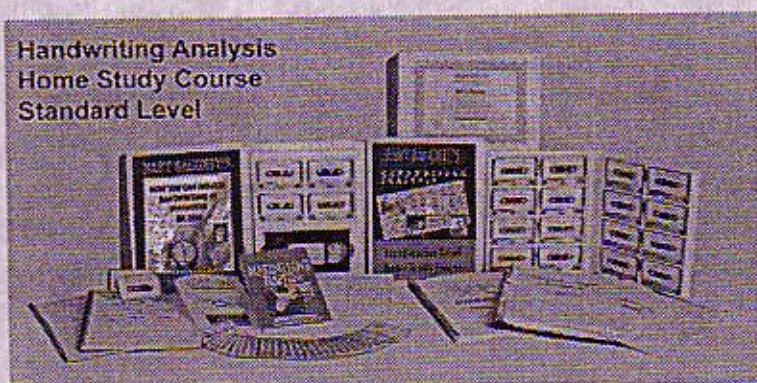
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# **Bart Baggett's**

## **"Change Your Life In 30 Days" Workbook**

### **Change Your Handwriting, Change Your Life!**

Copyright 1989, 1994, & 1996  
by Bart A. Baggett

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# Foreward

You are holding in your hands one of the most powerful tools ever created to assist you in achieving your dreams. This workbook is the cumulation of years of research and development in the field of handwriting analysis and Grapho-therapy. If you complete this course, your life will forever be altered in a positive and powerful way.

I know, it is the reason for my success and happiness. When I was just fourteen years old, I was introduced to Dr. Ray Walker (1927-1994) who taught me the concept of Grapho-therapy. I wasn't broken or crazy, I wasn't in therapy... I was just a normal person, just like you, that realized the I was the only one stopping myself from living all my dreams. So I tried it. I followed Dr. Walker's suggestions precisely. After months of practicing crossing my t-bar on the top and not looping my d stem, I noticed the changes. My family and friends noticed the differences. I began to think differently.

Almost immediately, all my relationships improved in direct proportion to my fears disappearing. My grades in school improved and my self-confidence skyrocketed. I made the decision at age 16 that I was going to write a book and make a difference. Well, it took me until the age of 22 to write that book, but I made it happen! And I really believe that the reason I have been successful at a young age was that someone cared enough about me to share this technique called Grapho-therapy with me. At the same time, I have to take at least half the credit, I took the advice, I worked the program. Unlike other people, who missed the opportunity to make a difference. Many years later they are still struggling. Please, take this course seriously, give yourself the gift of completing it.

This workbook is designed to be completed over a period of 30 consecutive days. Please do yourself a favor and commit to spending a few minutes per day doing these daily exercises. You cannot condense the time or simply understand this material at a conceptual level. The reason this technique is so powerful is that it effects your unconscious mind. The ONLY way it can truly effect your unconscious mind on a long term basis is by integrating the knowledge into your body... your brain... through the nerves in your fingers.

You are using the habit of handwriting as a direct conduit to your mind. It takes between 21 and 30 days to change a habit. Because of this statistical truth, you must complete this workbook daily throughout the thirty days.

If you are not willing to commit to and keep your commitment to complete all thirty days of this workbook, please do not even start. You are doing this science and yourself a disservice by wanting something to be effective, but not giving it a fair chance. The reason I am blunt in my request is that 83% of people that purchase products to improve their lives never even start the program, much less complete it. I don't want you to be another statistic that let the opportunity for a true breakthrough in you life to pass you by.

Congratulations. You will look back on this day as the start some major shifts in your life... all for the better!

Best wishes,



Bart Baggett



# **-Introduction to Handwriting Analysis-**

Less than a century ago, many Americans equated handwriting analysis with the pseudo-sciences, horoscopes, and fortune telling. Those people failed to comprehend it as a valuable psychological tool with scientific supporting evidence. It is well documented that the science of handwriting analysis dates back to the age of Nero. The first book on the subject was published in 1552. The science has been pursued ever since reaching a scientific zenith in this century. Today, people have a more prudent perspective of this behavioral science and are understanding its validity.

The science of Psychology teaches us about people in general; why we think, feel, believe and behave the way we do. But that is only the bare beginning, there is something very personal in an individual's handwriting that tells about their character, temperament, state of mind and literally hundreds of other individual personality traits. Every trait that we analyze has been proven to be accurate in all types of research, including thousands of double blind studies.

There is no mystery and no magic about deciphering the graphic symbols by which we express our inner natures, our physical, mental and emotional states. Handwriting analysis is a technique of observation and interpretation, based on classified knowledge and developed into a science by some of the world's most brilliant minds. It is now included by a number of American universities in psychology and psychiatry courses, because it is an invaluable tool in the analysis and evaluation of the

personality. Graphology has been a part of the accredited curriculum in the psychology departments of universities in France, Germany and Switzerland since the end of the 19th century!

Handwriting Analysis can identify your subconscious and conscious personality traits. These traits relate to your behavior, motivations, sexuality, ambitions, and other personality variations. It can also tell you how high your goals are; the fears that you've suffered and developed since childhood; emotions; as well as many other parts of your life that are revealed in your handwriting.

Some people doubt Handwriting Analysis's accuracy because their writing "changes all the time." In truth, however, only a few of the hundreds of traits change. What does change sometimes is the emotional responses, commonly called "Moods". The emotional traits revealed in handwriting tell the emotional response of the person at the time the writing sample was written. These can vary with the person's mood. Most personality traits will be revealed regardless of mood change or emotional circumstance. In addition to "depth of feeling" and "emotional responses" that are shown in handwriting, hundreds of individually identifiable personality traits are evident. These include traits such as self-esteem, self-confidence, goals, fears, defenses, sensitiveness (and in which areas), initiative, enthusiasm, sexual needs, and the list goes on and on.



## Grapho-Therapy: Why It Works

In a most basic language, "Grapho-Therapy" means change your handwriting change your life! It is the science of improving your personality by manual changes in your handwriting. Professionally applied, Grapho-Therapy can correct your worst faults and strengthen your character by simply changing how you write!

But how, you may ask, can the alteration of one's handwriting affect his character? To understand the whole complex process, it is necessary first to be aware of what takes place when you write. The act of writing is movement—a series of gestures involving rhythm, speed, pressure, direction, etc. Handwriting itself captures and holds on paper the slightest motor impulse of the writer with the many contributing factors which enter into it. We do not write with the hand alone, but with brain, muscles and nerves which, in turn, react to conscious, subconscious and emotional stimuli. Handwriting is referred to by many as "brain-writing."

Thus it follows reason that how we move (and write) must reflect our physical, mental and emotional states. Handwriting explains why, although as children we are taught to form letters according to established pattern, each of us develops his own peculiarly individual script. It also explains the incredible diversity of handwriting. No two people's script are exactly the same. An American statistician determined that the possibility of two writings being identical is one chance in 68 trillion.

Grapho-Therapy is particularly effective with children, because their handwriting (like their character) is in a formative stage. This makes it a perfect time to begin correcting undesirable traits and tendencies. But it is never too late, and even stubborn cases in adults will respond positively.

Grapho-Therapy has grown from the reasoning that since handwriting comes from the subconscious, it provides the most direct route back to the subconscious—that mysterious force which dominates each of us but which, in turn, is highly susceptible to suggestion. In effect, when we voluntarily undertake changing a stroke in our handwriting through repetitive exercise, we are sending a powerful suggestion to the subconscious affecting the corresponding character. If we persist, the order is always obeyed, thus the most remarkable results occur! Just as the subconscious mind affects handwriting, handwriting can be used to affect the subconscious mind.

Our handwriting can reinforce our bad habits, or we can choose to use it to modify or even eliminate them. Grapho-therapy combines the principles of neurology and the psychology of handwriting analysis to create a powerful and effective method for changing your life.



## How to Use this Workbook

This workbook is designed to assist the user in working through his/ her assigned grapho-therapy suggestions. This workbook is the self-administered "How to Use the workbook" This workbook is designed with many different motivation, self-awareness, and therapeutic techniques employed throughout its pages.

The questions are specifically designed to probe the mind in the many different areas. The habitual affirmations of progress and self-awareness are essential elements in a healthy successful life. The suggested handwriting stroke changes are derived from the behavior science of grapho-therapy. This is the cutting edge of the new applications of graphology. The sub-conscious mind will constantly be receiving positive signal to change certain personality characteristics. These sub-conscious signals are supported by a conscious effort to change the particular trait. These two combined efforts for change coupled with the self-analysis involved with the questions make this one of the most powerful personality modification therapy plans in existence.

You must place your ideal letter in the "Ideal letter" box at the beginning of your thirty day period. Listen to the accompanying tape or have the seminar leader help you choose which strokes that you want to change. Put the old or undesired stroke pattern in the "Strokes to Avoid" box. When you copy the sample sentences concentrate to form your new stroke pattern as close to the ideal as possible.

These handwriting changes might feel uncomfortable at first, but you will soon adapt. Complete each question as completely as possible and always pay close attention to the formation of each letter. When you completely fill the entire page front and back you have done the minimum.

Feel free to practice your new stroke pattern or answer your questions on extra paper. This extra practice will only increase the effectiveness. Work consistently through the thirty day workbook not skipping any days. If you happen to miss a day of practice, do two pages in one day or whatever is necessary to catch and keep your commitment to complete this workbook in 30 days. Remember, the object of these practice strokes is to reprogram your mind to accept the new stroke pattern as a habit. Only repetition will form that habit.

Take advantage of this tremendous opportunity to be the person you were meant to be. Congratulations, these twenty minutes a day that you are investing in yourself will change your life, forever.



# Traits To Change

This workbook is designed around the principle of changing your handwriting to change your life. There are hundreds of separate strokes that make each person's script unique. Likewise, those strokes indicate the uniqueness of your personality. Each trait listed here signify personality characteristics that might be beneficial for you to change. You won't need all of the traits, you may just need a few. However, all the traits that one can effectively change through your handwriting are listed here for you to choose.

**Self-Image:** The weighted average of confidence and self-love in all situations. High goals, self-image, and confidence shown by a t-bar crossed near the top of the stem. A low self-image is revealed by the t-bar crossed at the bottom. A practical/ average self-image is revealed by the t-bar near the upper 2/3 of the stem. Make the t-bar cross higher, not the stem taller.

*Ideal Stroke Formation:*

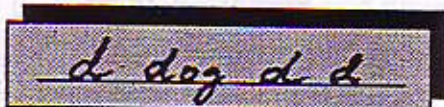


*Strokes To Avoid:*



**Sensitive To Personal Criticism:** The fear of being unloved. Very sensitive to anyone's thoughts, statements, and actions. Gets feelings hurt easily. Revealed by a loop in the stem of the lower case letter d. The bigger the loop, the more sensitive you are. A short stem indicates independent thinking, very tall stems indicate vanity and excessive pride. A medium height stem with narrow or no loop is a good balance.

*Ideal Stroke Formation:*



*Strokes To Avoid:*

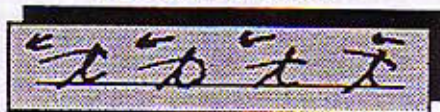


**Self-Critical:** The tendency for being self-critical, self-punishing, and puts self into situations that cause pain. (It makes no difference if you are right or left handed.) Self sabotage. This is revealed by a t-bar going from right to left (backwards) with a sharp point on the end. To alliviate this self-destructive behavior, cross t-bar from the left side of the paper toward the right.

*Ideal Stroke Formation:*



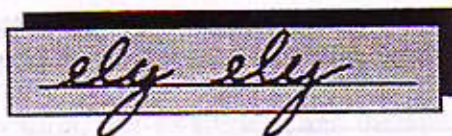
*Strokes To Avoid:*





**Open mind, fluid thinking, and trust:** (the "ely" exercise) closed e's indicate a closed mind or very selective listener. The open loop in the l and h indicate open mindedness to new ideas. The size of the y loop indicates the amount of trust in the relationships area of life. The bigger the loop, the more trust, sexuality, and physical the writer is.

***Ideal Stroke Formation:***



***Strokes To Avoid:***

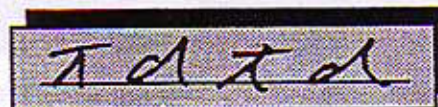


**Stubborn:** A defense mechanism that resist change. This person can be difficult and hates to admit he is wrong. The loop in the t indicates sensitiveness to criticism to ideas and philosophies. Stubbornness is indicated by a brace-shaped t-stem. It is best to retrace the stem opposed to bracing it. However, a narrow loop is preferable to a big brace.

***Ideal Stroke Formation:***



***Strokes To Avoid:***



**Enthusiasm:** A zest for life and excitement! This level of energy is revealed by the length of the t-bar. The longer the t-bar, the more energy and excitement about life. Make your t-bar long and live life to its fullest.

***Ideal Stroke Formation:***



***Strokes To Avoid:***



**Self-conscious:** The fear of rejection. Revealed by in the letters m, n, and double "l" that slant uphill. Self-conscious people sit on the sideline and wait until the fear of rejection subsides. Change the slant of the humps on the m, n, and even double l (i.e. llama.)

***Ideal Stroke Formation:***



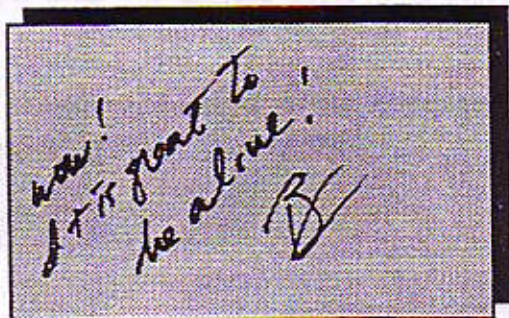
***Strokes To Avoid:***



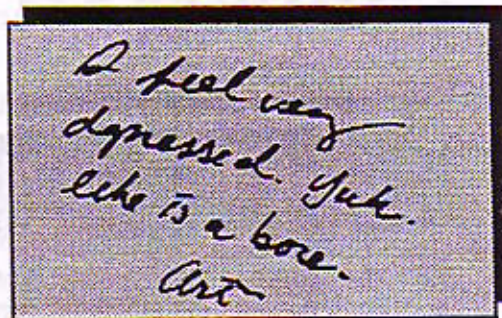


**Moods & Attitude:** Optimism indicated by the overall slant of writing slanting uphill. Likewise depression or pessimism is shown by the baseline slanting down. To change your attitude and mood instantly write slanting uphill.

***Ideal Stroke Formation:***

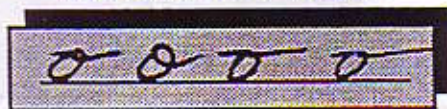


***Strokes To Avoid:***



**Lying:** The tendency to shade the truth in your favor. Lying loops are revealed by the double loops inside the lower case o. The loop only on the left side indicate self-deceit. The loop on the right indicates secretiveness to others. Together and overlapping indicate lying and shading of the truth. Remove the loops inside the o to be frank, blunt, and honest. If you value honesty and secrets, leave just a small loop in the right side.

***Ideal Stroke Formation:***



***Strokes To Avoid:***



**Emotional Outlay: Introversion and Shyness** Small writing is an indication of focus and concentration. Emotionally withdrawn is revealed by handwriting that is slanted backwards to the left or straight up and down. If the writing is both small and vertical, the person is totally controlled by logic and controls his or her emotions. For a quick change in mood, change the size of your writing and the slant. Making your writing small is a great way to induce concentration before study or a test. Do not use this suggestion as a permanent change in the 30 day workbook.

**Emotional Outlay: Emotionally Impulsive:** Big writing is an indication of general outgoingness and people person behavior. However, the slant to the right indicates how much emotion the writer shares with others. Emotionally expressive is revealed by handwriting that slants very hard to the right. These writers are motivated by their feelings and need people to gather and express energy. Someone with both big and rightward slanted writing is both outgoing and emotionally expressive. For a quick change in mood, change the size of your writing and the slant. Do not use this suggestion as a permanent change in the 30 day workbook.



**Temper:** Temper is tendency to lose control of your emotions when under pressure and angry. It becomes violent when combined with impulsiveness or aggressiveness. It is revealed by a t-bar that is not balanced and is predominately on the right side of the stem. Make is balanced. If you currently think temper is a major problem, curve the t-bar slightly like an umbrella. (Initiate curve only during the 3rd week of the 30 day course.)

***Ideal Stroke Formation:***



***Strokes To Avoid:***



**Procrastination:** If you put things off that could be done today, you procrastinate. This lazy tendency is revealed by a t-bar crossed predominately on the left side of the stem. (opposite of the temper stroke.) To get things done in a timely manner, cross the t-bar balanced on the stem. Adding a long t-bar (enthusiasm) assists you in enjoying things you might otherwise not like.

***Ideal Stroke Formation:***

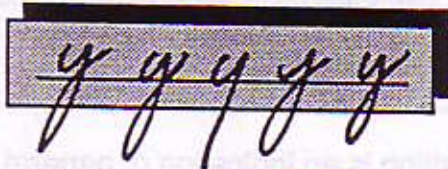


***Strokes To Avoid:***

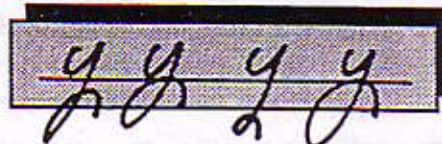


**Fear of Success:** The tendency to fear being successful. It is another form of self-sabotage. Indicates a tendency to abort or turn away from a project just before completion. Shown by a downturned y-loop. If you have this trait, change it immediately. Always complete the y-loop up through the baseline.

***Ideal Stroke Formation:***



***Strokes To Avoid:***



**Notes:**



# My Personal Commitment to Myself

In order for anything to happen there must be action. In order for that action to start, it must be initiated. Even after an event is initiated it must keep traveling toward the desired goal in order to succeed. Any successful endeavor has initiation, an action plan, and a commitment to carry those plans through. This workbook is part of that plan and you have initiated the action. Now is your opportunity to commit to carry it through.

This is your initiation to your thirty day action plan. Starting today, you must be willing to commit to starting and finishing every day's assignments in this workbook. Please take a moment right now and make a commitment to yourself by completing the following.

I \_\_\_\_\_ commit to work through this workbook within a 30 day period. I will start on day one and do each day's exercises diligently, answering all questions thoughtfully and completely. My purpose for using the grapho-therapy is to commit these new handwriting stroke patterns to habit. When they are habit, I will notice the corresponding changes in my personality. I promise to complete this workbook.

On the \_\_\_\_ day of the month of \_\_\_\_\_, 19\_\_

Signature: \_\_\_\_\_



# Commitment to Myself

It is time to start taking action to help you reach your goals. The first action to take is to write down your goals. This will help you to focus on what you want to achieve and will help you to stay motivated. The next step is to create a plan of action. This will help you to break your goals down into smaller, more manageable steps. Finally, you need to commit yourself to the plan. This means that you need to be willing to do whatever it takes to achieve your goals. If you are committed to your plan, you will be able to overcome any obstacles that may arise. Remember, the only way to achieve your goals is to commit yourself to the plan and to follow through on it.

Through this workbook, you will be able to identify your goals and create a plan of action to achieve them. You will also be able to track your progress and stay motivated. This workbook is designed to help you to achieve your goals and to live a more fulfilling life. It is a commitment to yourself to do whatever it takes to achieve your goals. Remember, the only way to achieve your goals is to commit yourself to the plan and to follow through on it.

On the \_\_\_\_\_ day of the month of \_\_\_\_\_  
Signature: \_\_\_\_\_




# Day One

Signature: \_\_\_\_\_

**Ideal Stroke Formation:**



**Strokes To Avoid:**



*In the blank space provided directly below, practice writing the letter/stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

*In the blank space provided after each question, first copy the sentence or question, and then answer the question as thoroughly as possible. If you run out of things to say in answer to the question, just keep writing the same thing or things over and over until you have filled the entire allotted space. Remember, you are working with grapho-therapy to reprogram your subconscious mind; concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

My purpose for completing this workbook is...



### Beliefs:

You are not a leaf in the wind. You can control your beliefs and your destiny. If you believe rich people are evil, it is unlikely you will ever allow yourself to become rich. If you hold the belief that only fat people are happy, it is likely you will keep your weight heavy. If you believe you will never amount to much, guess what?

What are some of the beliefs about who you are and what you are capable of?

List 5 key beliefs that have limited you in the past.

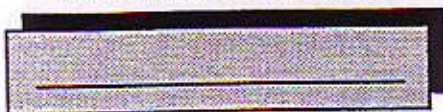
Make a list of at least 5 positive beliefs that can now serve to support you in achieving your highest goals.



# Day Two

Signature: \_\_\_\_\_

**Ideal Stroke Formation:**



**Strokes To Avoid:**



*In the blank space provided directly below, practice writing the letter/stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

*In the blank space provided after each question, first copy the sentence or question, and then answer the question as thoroughly as possible. If you run out of things to say in answer to the question, just keep writing the same thing or things over and over until you have filled the entire allotted space. Remember, you are working with grapho-therapy to reprogram your subconscious mind; concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

The five most important results I want to get out of this course are...



Models:

You do not need to reinvent the wheel. If anyone has done it before, you can do it to. Who in history or living has accomplished things that you would like to do? If not exactly what you have in mind, who has overcome greater obstacles than you to achieve something remarkable?

List at least five people that you could model yourself after?

Now, what was one key belief that they each had that assisted them in achieving it?

How can you learn from your role model?



# Day Three

Signature: \_\_\_\_\_

**Ideal Stroke Formation:**

**Strokes To Avoid:**

*In the blank space provided directly below, practice writing the letter/stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

*In the blank space provided after each question, first copy the sentence or question, and then answer the question as thoroughly as possible. If you run out of things to say in answer to the question, just keep writing the same thing or things over and over until you have filled the entire allotted space. Remember, you are working with grapho-therapy to reprogram your subconscious mind; concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

What I am willing to give to get what I want is...



### Submodalities - The building blocks of experience

Think of a very happy time when you felt totally loved and comforted. Describe the following about that memory: You can put a n/a (not applicable) if it doesn't apply at this time.

Brightness  
Size  
Color/ black & white  
Shape  
Location  
Distance  
Focus  
Framed/ Panoramic  
Movement  
3-Dimensional/ flat

Pitch  
Tempo (speed)  
Volume  
Rhythm  
Continuous/ interrupted  
Duration  
Location  
Distance  
External/ internal  
Clarity

Pressure  
Location  
Texture  
Temperature  
Movement  
Intensity  
Shape

Do the same description process for the following other states you experience:

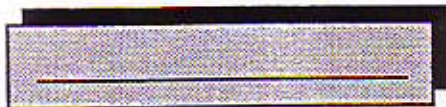
Erotic or sexually excited.



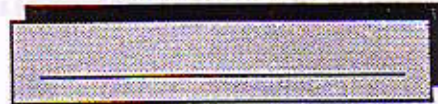
# Day Four

Signature: \_\_\_\_\_

**Ideal Stroke Formation:**



**Strokes To Avoid:**



*In the blank space provided directly below, practice writing the letter/stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

*In the blank space provided after each question, first copy the sentence or question, and then answer the question as thoroughly as possible. If you run out of things to say in answer to the question, just keep writing the same thing or things over and over until you have filled the entire allotted space. Remember, you are working with grapho-therapy to reprogram your subconscious mind; concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

I did the following things today toward achievement of my goals...

I noticed the following changes in my behavior and the way I feel...



## Submodalities - The building blocks of experience

Think of a very disturbing memory or situation. Describe the following about that memory:  
You can put a n/a (not applicable) if it doesn't apply at this time.

Brightness

Size

Color/ black & white

Shape

Location

Distance

Focus

Framed/ Panoramic

Movement

3-Dimensional/ flat

Pitch

Tempo (speed)

Volume

Rhythm

Continuous/ interrupted

Duration

Location

Distance

External/ internal

Clarity

Pressure

Location

Texture

Temperature

Movement

Intensity

Shape

Someone you haven't thought about it years.

Someone or something that makes you angry.

A fear or phobia.



# Day Five

Signature: \_\_\_\_\_

**Ideal Stroke Formation:**



**Strokes To Avoid:**



In the blank space provided directly below, practice writing the letter/stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).

In the blank space provided after each question, first copy the sentence or question, and then answer the question as thoroughly as possible. If you run out of things to say in answer to the question, just keep writing the same thing or things over and over until you have filled the entire allotted space. Remember, you are working with grapho-therapy to reprogram your subconscious mind; concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.

I am now changing my attitude. My new attitude will be different than my previous attitude about the following things in the following ways...



## Body Language

Your body holds predetermined programs for your emotional states. To gain awareness of those programs think about various times in your life when you experience wonderful or terrible states of mind. What did your bodies role play in that event?

List physical activities that create excitement and energy.

List body positions that you find yourself in when you feel happy, enthusiastic, excited, or peaceful.

List body positions that you find yourself in when you feel depressed, stressed, l lazy, uninspired, weak, shy, scared, or unhappy.



# Day Six

Signature: \_\_\_\_\_

**Ideal Stroke Formation:**



**Strokes To Avoid:**



*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

*In the blank space provided after each question, first copy the sentence or question, and then answer the question as thoroughly as possible. If you run out of things to say in answer to the question, just keep writing the same thing or things over and over until you have filled the entire allotted space. Remember, you are working with grapho-therapy to reprogram your subconscious mind; concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

I are motivated by moving toward pleasure or away from pain. There is a need for a change in my life for the following reasons:

Things, people, situations that I wish to move away from (pain):

Things, people, situations that I wish to move toward (pleasure):



## Confidence

Confidence is a state of mind. If you have ever felt confidence in one arena of life, you can transfer those feelings into any other arena. For example, if you could feel confident playing baseball throwing a strike, you can transfer the same feeling of confidence to making a sales pitch in business. So, name some events in your past in which you achieved your goal and felt totally confident and strong during the action.

Describe the event in precise detail.

Describe how you know that you know.

(Ex: I see a picture off to the left in my mind in full color of me getting the gold medal.)



# Day Seven

Signature: \_\_\_\_\_

**Ideal Stroke Formation:**



**Strokes To Avoid:**



*In the blank space provided directly below, practice writing the letter/stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

*In the blank space provided after each question, first copy the sentence or question, and then answer the question as thoroughly as possible. If you run out of things to say in answer to the question, just keep writing the same thing or things over and over until you have filled the entire allotted space. Remember, you are working with grapho-therapy to reprogram your subconscious mind; concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

The things about my personality that I would like to change and improve are:



## Colors

What motions or states do the following colors represent in your mind.

yellow

blue

red

green

purple

black

white

orange

pink

other

What is your favorite color and why?

When do you most visualize this color?

How can you use these colors in the future to affect your moods?



# Day Eight

Signature: \_\_\_\_\_

## Ideal Stroke Formation:

In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).

## Strokes To Avoid:

Re-write and answer the following question as thoroughly as possible; concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.

The things (attitudes, beliefs, habits, and personality traits) that work for me are:

The things (attitudes, beliefs, habits, and personality traits) that do not work for me are:



## Principals of Life

Explain the following NLP principles as they relate to your own life:

People are always making the best choice available to them.

Anyone can do anything.

Mind and body are parts of the same system.

The meaning of your communication is the response that you get.

Underlying every behavior is a positive intention.

The person or element with the most flexibility in a system will have the most influence.

There is no such thing as failure—it's feedback for the next step.



## Choosing Your Goals

This technique helps you create well defined, compelling and attainable goals, and provides a pathway to their natural realization.

1. What do you want? State your reply in positive terms. What can you do to make this goal happen?
2. How will you know when you've achieved it? What will you see, hear, and feel at that time?
3. When, where and with whom do you want it?
4. What effect (s) will this goal have or create?
5. Position yourself visually having just achieved the goal. Look back in your past along your timeline and identify the major events that led up to that success. What was the first thing you did on that pathway. Do it.

Pick one goal at a time and write down your answers to this exercise.



# Day Ten

Signature: \_\_\_\_\_

## Ideal Stroke Formation:



*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:



## Goal Setting Exercise - Continued

In the space below, write all your Social goals. Keep brainstorming until you fill the entire allotted space with ideas. Write each goal down but do not include a description at this point. Just brainstorm. Social goals include such things as more time with my kids, more or better friendships, respect, better marriage, more fulfilling relationships, etc. etc. (Remember, anytime you write, concentrate on forming your letters and strokes the way you have been practicing.)



## Writing Journal Continued

Use this page to continue answering the previous question or use this blank space for personal notes and comments.

1. When, where and with whom do you want to?

2. What effect do all this will have on you?

3. Question yourself: clearly having just achieved the goal. Look back in your past and your  
mind and clearly the major events that led up to that success. What was the first thing you  
did on that journey. Do it.

4. Pick one goal at a time and write down why you want to do this exercise.

### Goal Setting Exercise - Continued

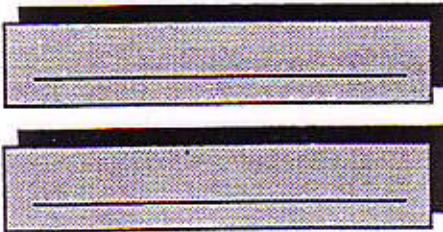
In the space below, write all your goals. Keep brainstorming until you fill the space allowed.  
Space your goals. If the space goal does not include a description of this goal, that's what you  
should write. Write down the goal in your mind or on your computer, or on a piece of paper.  
Write down the goal in your mind or on your computer, or on a piece of paper.  
Write down the goal in your mind or on your computer, or on a piece of paper.



# Day Eleven

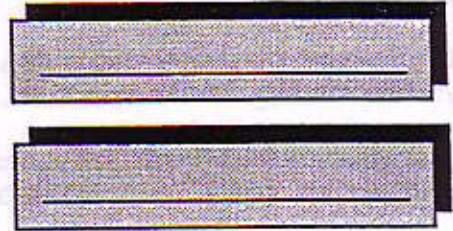
Signature: \_\_\_\_\_

## Ideal Stroke Formation:



In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).

## Strokes To Avoid:



## Goal Setting Exercise - Continued

In the space below, write all your Personal improvement goals. Keep brainstorming until you fill the entire allotted space with ideas. Write each goal down but do not include a description at this point. Just brainstorm. Personal improvement goals include such things as more or less weight, stop smoking, stop using drugs, stop procrastinating, exercise everyday, take responsibility for my life, be more positive, etc. etc. (Remember, anytime you write, concentrate on forming your letters and strokes the way you have been practicing.)

## New Behavior Generator

This technique for accelerated learning allows you to make any new action or skill automatic in your behavior. It is useful anytime you want to have more choices, learn a new skill or model an expert.

1. Imagine looking off a little to the right, and *see yourself* in front of you. Write down what you are wearing and how you look.
2. Decide what you would like to learn to do. How would *that other* you look if *that other* you could already do it? Construct a movie of *that other* you doing it.

If you need more information, seek a skilled role model live or taped. Watch him/her do it properly. Watch the role model turn into *that other* you doing the desire behavior perfectly.

3. Step into the movie at the beginning. You see, hear, and feel yourself doing the new behavior absolutely correctly.

Did you do this exercise?

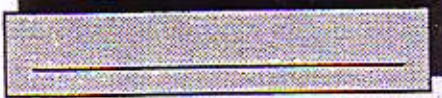
What did you learn, feel, or get from it?



# Day Twelve

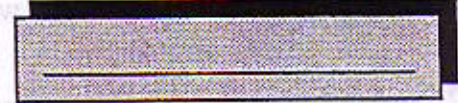
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## Ideal Stroke Formation:



In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).

## Strokes To Avoid:



## Goal Setting Exercise - Continued

In the space below, write all your Spiritual goals. Keep brainstorming until you fill the entire allotted space with ideas. Write each goal down but do not include a description at this point. Just brainstorm. spiritual goals include such things as more frequent place-of-worship attendance, bible study, motivational seminars, yoga, prayer or meditation, etc. etc. (Remember, anytime you write, concentrate on forming your letters and strokes the way you have been practicing.)

## Discovering Your Mission

This technique brings your desires, goals and values together to create a mission that promotes a deep sense of personal satisfaction. A mission is more than a goal. Your mission is compelling burning desire that guides you throughout your lifetime.

1. To find the values which relate to a goal or desire, first identify that goal or desire. Then ask yourself, "What do I want or need from the goal I selected? What is important about it? What do I value about it? Your answers will indicate what there is about the goal or desire that you value.
2. To find higher values than the ones you identified previously, and to discover the direction your motivation is coming from, ask yourself, "What will these values do for me?" The answer will give you an even higher, more important value.

For instance, you may want "greater success." And the value you get out of that goal would be "greater happiness." But what will greater happiness do for you? The answer to that question will be the higher, more important value.

Your answer will also reveal the direction your motivation is coming from. In this case, it is to achieve something better; therefore, it is a Toward goal (achieve, attain, gain). However, with different goals and different values. If you want to stop the heartache, your motivation may have been *Away From* problems (with words like avoid, relieve, out).

3. To find the highest value, you should ask yourself: "What will having the highest value do for me? Your answer to this question will help you determine your Mission.
4. A Mission will include and fulfill all of a person's or organizations highest values. By systematically going through the steps detailed here, you can determine your Mission.

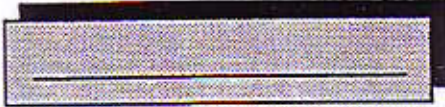
Write down three goals and their corresponding values along with the motivational strategy you are choosing.



# Day Thirteen

Signature: \_\_\_\_\_

## Ideal Stroke Formation:



*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:



## Goal Setting Exercise - Continued

In the space below, write all your Intellectual goals. Keep brainstorming until you fill the entire allotted space with ideas. Write each goal down but do not include a description at this point. Just brainstorm. Intellectual goals include such things as continuing education, more "How to seminars", books to read, subjects to study-up on, learn a new language, etc. etc. (Remember, anytime you write, concentrate on forming your letters and strokes the way you have been practicing.)

## Writing Journal Continued

Use this page to continue answering the previous question or use this blank space for personal notes and comments.

2. To find the highest value, you should ask yourself, "What will I have if I achieve this goal?" Your answer will give you an idea of the highest, most important value.

For example, you may want "greater success." And the value you get out of that goal may be "greater happiness." But what greater happiness do you get? The answer to that question will be the highest, most important value.

Your answer will also reveal the direction your motivation is coming from. In this case, it is the achievement of a goal (success, achievement, goal). However, with different goals and different values, if you want to keep the same value, your motivation may have come from a different direction.

3. To find the highest value, you should ask yourself, "What will I have if I achieve this goal?" Your answer will give you an idea of the highest, most important value.

4. A student will include and fulfill all of a person's or organization's highest values. In the case of a student, the highest values are those that are most important to the student. In the case of an organization, the highest values are those that are most important to the organization. The student's highest values are those that are most important to the student. The organization's highest values are those that are most important to the organization.



# Day Fourteen

Signature: \_\_\_\_\_

## Ideal Stroke Formation:



*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:



## Goal Setting Exercise - Continued

Step #1: Go back to the goal brainstorming sessions you completed the past 5 days. Next to each goal write the number 1,3,5, or 10 representing how long it will take you to accomplish each goal: approximately 1 year, 3 years, 5 years, or 10 years.

Step #2: Go through all your goals and carefully select the four most important 1 year goals and write a paragraph about each. In each paragraph, first describe each goal using clear, specific, and vivid descriptions. Secondly, write why you want to and plan to achieve this goal. (Remember, anytime you write, concentrate on forming your letters and strokes the way you have been practicing.)

## Writing Journal Continued

Use this page to continue answering the previous question or use this blank space for personal notes and comments.



# Day Fifteen

Signature: \_\_\_\_\_

## Ideal Stroke Formation:



*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:



## Goal Setting Exercise - Continued

Now go through all your goals and carefully select the four most important 3 year goals and write a paragraph about each. In each paragraph, first describe each goal using clear, specific, and vivid descriptions. Secondly, write why you want to and plan to achieve this goal. (Remember, anytime you write, concentrate on forming your letters and strokes the way you have been practicing.)

## Writing Journal Continued

Use this page to continue answering the previous question or use this blank space for personal notes and comments.

In the final paragraph, I wrote about the importance of the "little things" in life. I mentioned how the "little things" can make a big difference in the way we live. I also mentioned how the "little things" can help us to achieve our goals. I ended the paragraph with a sentence about how the "little things" can make a big difference in the way we live.

Let's keep writing - Continued

After the details of your goals and carefully select the first paragraph of your goals and write a paragraph of one or two sentences that describe the goal and why it is important to you. Write the goal in your own words and make it as specific as possible. (Remember, anyone you write about is not writing your letter and make the way you have been thinking.)



# Day Sixteen

Signature: \_\_\_\_\_

## Ideal Stroke Formation:



*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:



## Goal Setting Exercise - Continued

Now go through all your goals and carefully select the four most important 5 year goals and write a paragraph about each. In each paragraph, first describe each goal using clear, specific, and vivid descriptions. Secondly, write why you want to and plan to achieve this goal. (Remember, anytime you write, concentrate on forming your letters and strokes the way you have been practicing.)

## Writing Journal Continued

Use this page to continue answering the previous question or use this blank space for personal notes and comments.

[Redacted]

[Redacted]

In the blank space provided  
directly below the question writing  
the ideas you are writing  
on. Remember to provide an  
answer that makes a "claim" (say)  
which answers the question in  
your mind.

[Redacted]

[Redacted]

Great Writing Exercise - Continued

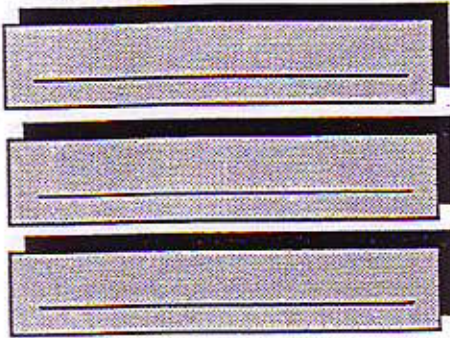
How do you know all your goals and dreams are realistic? What if you  
are not realistic? In what ways might your goals and dreams be  
unrealistic? What if you are not realistic? What if you are not realistic?  
(Answer the question in the space below and explain the way you have been thinking.)



# Day Seventeen

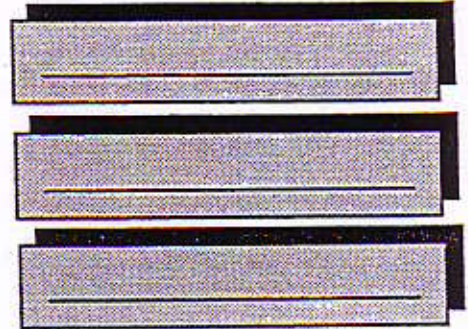
Signature: \_\_\_\_\_

## Ideal Stroke Formation:

Three horizontal rectangular boxes, each containing a single horizontal line for handwriting practice.

*In the blank space provided directly below, practice writing the letter/stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:

Three horizontal rectangular boxes, each containing a single horizontal line for handwriting practice.

## Goal Setting Exercise - Continued

Now go through all your goals and carefully select the four most important 10 year goals and write a paragraph about each. In each paragraph, first describe each goal using clear, specific, and vivid descriptions. Include what you will see, feel, and hear. Secondly, write why you want to and plan to achieve this goal. (Remember, anytime you write, concentrate on forming your letters and strokes the way you have been practicing.)

# Day Eighteen

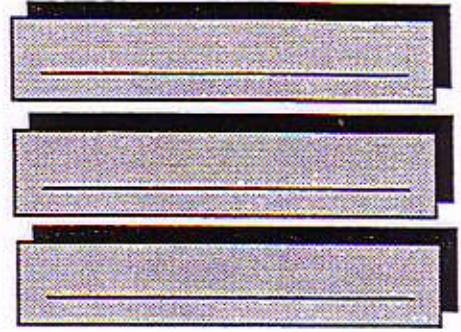
Signature: \_\_\_\_\_

## Ideal Stroke Formation:

Three horizontal rectangular boxes, each with a solid top line and a dashed bottom line, intended for practicing ideal stroke formation.

*In the blank space provided directly below, practice writing the letter/stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:

Three horizontal rectangular boxes, each with a solid top line and a dashed bottom line, intended for practicing strokes to avoid.

## Goal Setting Exercise - Continued

In the space below, write all your Lifetime goals: goals that you want to accomplish in your lifetime. Keep brainstorming until you fill the entire allotted space with ideas. Write each goal down but do not include much description at this point. Just brainstorm. (Remember, anytime you write, concentrate on forming your letters and strokes the way you have been practicing.)



## Writing Journal Continued

Use this page to continue answering the previous question or use this blank space for personal notes and comments.


to the point you reached  
directly below position with  
up the last three years  
writing on the mountain  
forming your hand and  
writing "Don't" with  
holding the "Don't" in  
your hand

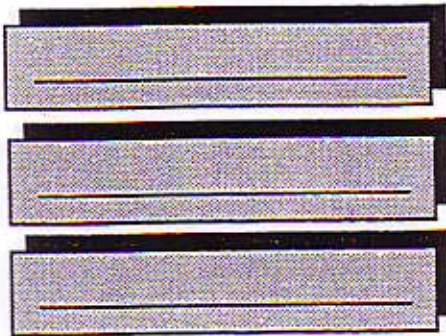

### Goal Setting Journal - Continued

in the next 12 months, write all your life goals that you want to accomplish in your lifetime.  
Start by writing down all the goals that you want to achieve in the next 12 months. Write each goal down but do not  
include any details or dates. Just list the goal. (Example: I want to be a doctor, I want to be a teacher, I want to be a  
successful business owner and make the very best of my life.)

# Day Nineteen

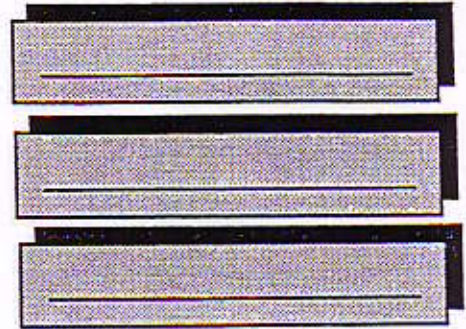
Signature: \_\_\_\_\_

## Ideal Stroke Formation:

Three horizontal rectangular boxes stacked vertically, each containing a single horizontal line for handwriting practice.

*In the blank space provided directly below, practice writing the letter/stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:

Three horizontal rectangular boxes stacked vertically, each containing a single horizontal line for handwriting practice.

## Goal Setting Exercise - Continued

Step #1: Go through your list of lifetime goals (on previous page) and carefully select your four most important lifetime goals.

Step #2: Select two out of the four and write a paragraph about both of them. In both paragraphs, first describe each goal using clear, specific, and vivid descriptions. Include what you will see, feel, and hear. Secondly, write why you want to and plan to achieve this goal. (Remember, anytime you write, concentrate on forming your letters and strokes the way you have been practicing.)



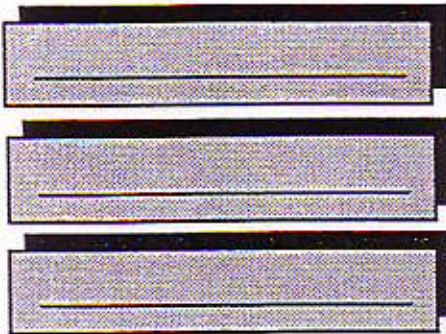
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# Day Twenty

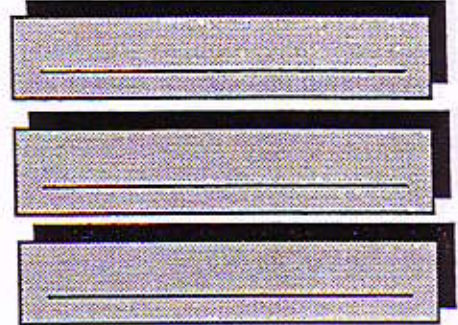
Signature: \_\_\_\_\_

## Ideal Stroke Formation:

Three horizontal rectangular boxes, each with a thin horizontal line across the middle, intended for practicing ideal stroke formation.

*In the blank space provided directly below, practice writing the letter/stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:

Three horizontal rectangular boxes, each with a thin horizontal line across the middle, intended for practicing strokes to avoid.

## Goal Setting Exercise - Conclusion

You should plan to review you goals every six months. Changing your direction is part of being flexible and successful. Having no direction is a path to failure. An airplane is always adjusting its flightpath, you can too. Go back to your 4 most important lifetime goals. Now write about the other two that you didn't describe yesterday. In both paragraphs, first describe each goal using clear, specific, and vivid descriptions. Secondly, write why you want to and how you plan to achieve this goal. (Remember, anytime you write, concentrate on forming your letters and strokes the way you have been practicing.)

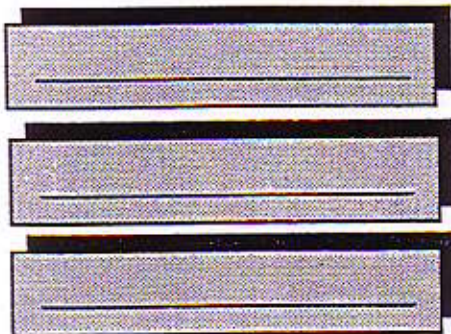




# Day Twenty-One

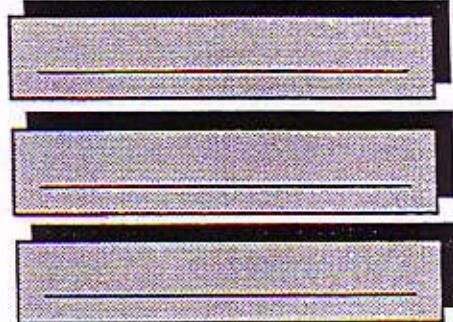
Signature: \_\_\_\_\_

## Ideal Stroke Formation:

Three horizontal rectangular boxes stacked vertically, each containing a single horizontal line for handwriting practice.

*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:

Three horizontal rectangular boxes stacked vertically, each containing a single horizontal line for handwriting practice.

*Re-write and answer the following question as thoroughly as possible: concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

My purpose for doing something is a much stronger motivator than the goal I pursue. By knowing the reason why, I'll be more motivated to succeed. If I have a big enough motivating WHY, I will always figure out the HOW. I will absolutely achieve my goals for the following reasons: (Be clear, precise, and positive.)



Use this question or use this blank space for personal

space for personal

# Day Twenty-Two

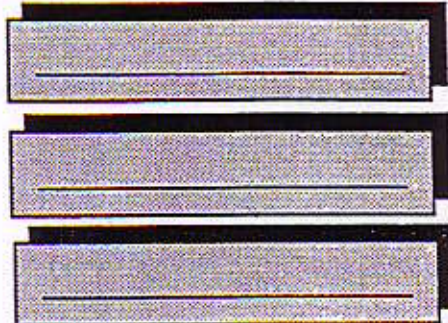
Signature: \_\_\_\_\_

## Ideal Stroke Formation:



*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:



*Re-write and answer the following question as thoroughly as possible: concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

I have many resources from which I can draw from to accomplish my goals. The resources that I have and the times that I have used them in the past include: (ex. Friends, financial resources, time, energy, education, talents, etc.)



## Writing Journal Continued

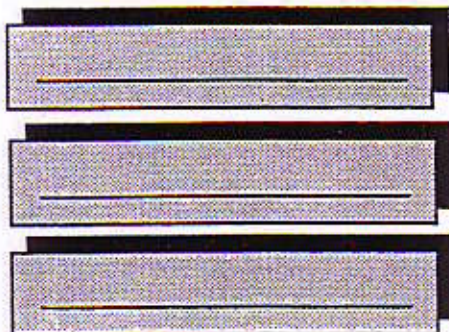
Use this page to continue answering the previous question or use this blank space for personal notes and comments.

In the blank space provided, write your answer to the question. Be sure to include the question number and the question itself. Write your answer in the space provided.

# Day Twenty-Three


Signature: \_\_\_\_\_

## Ideal Stroke Formation:

Three horizontal rectangular boxes, each with a thin horizontal line across the middle, intended for practicing ideal stroke formation.

*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:

Three horizontal rectangular boxes, each with a thin horizontal line across the middle, intended for practicing strokes to avoid.

*Re-write and answer the following question as thoroughly as possible: concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

I need to do certain things to obtain my goals and I am developing myself into that kind of person. The kind of person that I need to be and the character traits, beliefs, attitudes, skills and disciplines I will need to achieve my goals include:



### Habits

Great minds have certain behavior patterns that assist them in being creative or successful. Thomas Edison often took brief naps and discovered difficult solutions. (Common day term: meditation.) Benjamin Franklin was a vegetarian. What process or habit did each of your models have that supported their success. Can you do it?

List 5 habits that support you?

List 5 habits that do not support you and might consider changing?

# Day Twenty-Four

Signature: \_\_\_\_\_

## Ideal Stroke Formation:

Three horizontal rectangular boxes, each with a solid top line and a dashed bottom line, intended for handwriting practice of ideal strokes.

*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:

Three horizontal rectangular boxes, each with a solid top line and a dashed bottom line, intended for handwriting practice of strokes to avoid.

*Re-write and answer the following question as thoroughly as possible: concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

I am recognizing and overcoming my limitations that I have created for myself.

These limitations that I will now begin to change include:



## Writing Journal Continued

Use this page to continue answering the previous question or use this blank space for personal notes and comments.

TO: \_\_\_\_\_  
FROM: \_\_\_\_\_  
SUBJECT: \_\_\_\_\_  
DATE: \_\_\_\_\_  
RE: \_\_\_\_\_

in the future, I will be able to  
writing the letter more easily  
are working on. I am working  
in future years, I will be able  
to "live" (if) while  
working the letter in  
more easily.

TO: \_\_\_\_\_  
FROM: \_\_\_\_\_  
SUBJECT: \_\_\_\_\_  
DATE: \_\_\_\_\_  
RE: \_\_\_\_\_

List 5 things that do not support you and might consider changing?

I am working on the letter more easily  
in the future, I will be able to  
writing the letter more easily  
are working on. I am working  
in future years, I will be able  
to "live" (if) while  
working the letter in  
more easily.

# Day Twenty-Five

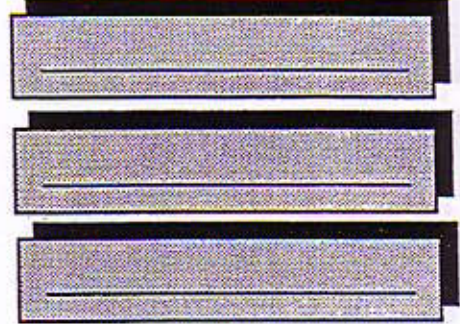
Signature: \_\_\_\_\_

## Ideal Stroke Formation:

Three horizontal rectangular boxes, each with a solid top line and a dashed bottom line, intended for practicing ideal stroke formation.

*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:

Three horizontal rectangular boxes, each with a solid top line and a dashed bottom line, intended for practicing strokes to avoid.

*Re-write and answer the following question as thoroughly as possible: concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

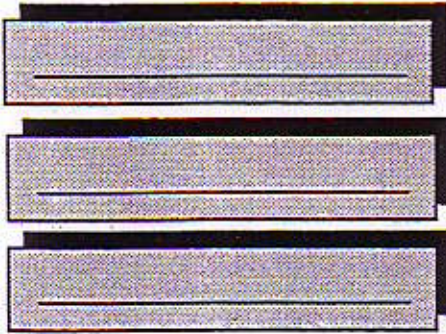
Role models will be a great help in the achievement of my goals. My role models, the traits and qualities that made them successful, and the advice they would give me include:



# Day Twenty-Six

Signature: \_\_\_\_\_

## Ideal Stroke Formation:

Three horizontal rectangular boxes, each with a solid top line and a dashed bottom line, intended for handwriting practice of ideal strokes.

*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:

Three horizontal rectangular boxes, each with a solid top line and a dashed bottom line, intended for handwriting practice of strokes to avoid.

*Re-write and answer the following question as thoroughly as possible: concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

**In order to achieve my goals I must have a game plan. My action plan and the steps I will take toward the achievement of my goals include:**

## Writing Journal Continued

Use this page to continue answering the previous question or use this blank space for personal notes and comments.

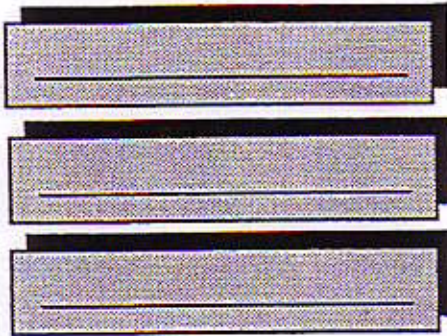

in the future, I would like to see a more comprehensive study of the effects of the program on the students' learning and behavior. I would also like to see a more detailed analysis of the data collected during the study.




# Day Twenty-Seven

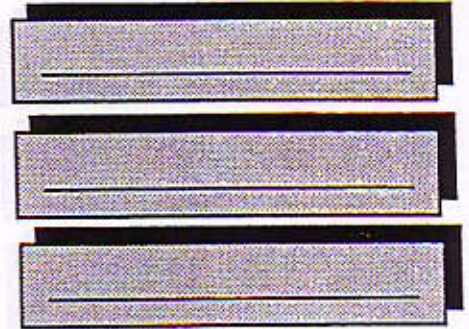
Signature: \_\_\_\_\_

## Ideal Stroke Formation:

Three horizontal rectangular boxes stacked vertically, each containing a single horizontal line for handwriting practice.

*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:

Three horizontal rectangular boxes stacked vertically, each containing a single horizontal line for handwriting practice.

*Re-write and answer the following question as thoroughly as possible: concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

In order for my game plan to work and in order for me to accomplish my goals, I must make a committment. I make the following committment to my goals and to myself...:

Writing Journal Continued

Use this page to continue answering the previous question or use this blank space for personal notes and comments.

In the first part of the  
story, the author describes  
the setting of the story. The  
author uses descriptive words  
to help the reader visualize  
the scene. The author also  
uses dialogue to show the  
characters' personalities.



# Day Twenty-Nine

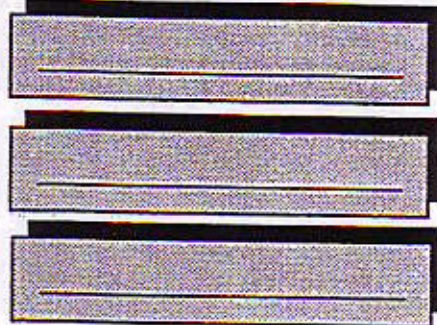
Signature: \_\_\_\_\_

## Ideal Stroke Formation:



*In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).*

## Strokes To Avoid:



*Re-write and answer the following question as thoroughly as possible: concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.*

What do I want?

### 30 Days Of Life Exercise

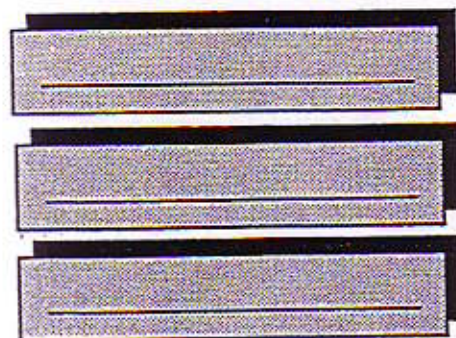
Imagine that you believed in alien beings. You have been contacted and told you will be taken to another planet in thirty days. You cannot tell anyone what is going to happen, you will just disappear and never be heard from again. How would you spend these next thirty days? Is there anyone in particular that you need to resolve some conflict or say some unspoken word? Think about the quality of your life each day. Write down your plans for the next month as if this were a reality.



# Day Thirty

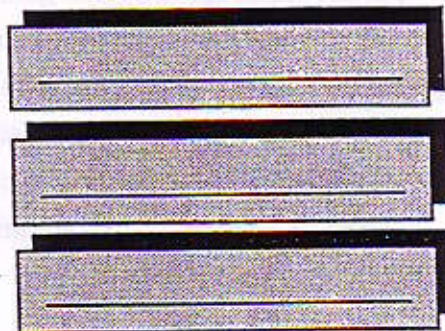
Signature: \_\_\_\_\_

## Ideal Stroke Formation:



In the blank space provided directly below, practice writing the letter/ stroke you are working on. Concentrate on forming your letters and strokes as "ideal" (left) while avoiding the "strokes to avoid" (right).

## Strokes To Avoid:



Re-write and answer the following question as thoroughly as possible: concentrate on forming your letters and strokes as "ideal" above while avoiding the "strokes to avoid" above.

Where am I going?

But Bright

How am I going to get there?

Paul Rogers, c/o Empowered Publishing • PO Box 725335 • Dallas, TX • 75372

## Writing Journal Continued

Use this page to continue answering the previous question or use this blank space for personal notes and comments.



# Congratulations!

You have reached the end of your workbook, but just the beginning of a new and improved life. Each day is an opportunity to learn and grow. The kind of commitment that it took to finish this workbook is the same kind of dedication to personal growth and learning that will make achieving your dreams happen almost naturally. What you should now realize is that every day is one day of a thirty-day opportunity for self-improvement. If you have a sincere desire to learn, grow, and improve yourself, then this thirty day exercise is only the beginning of your journey of self-improvement.

After thirty days of consistent practicing, most of your handwriting changes have become habit. Thus, they are imbedded into your sub-conscious mind. If your desired handwriting strokes are not at the "ideal" level by habit, then you need to keep practicing. Only when you write your strokes in the image of the "ideal" without consciously thinking about them will the changes be truly effective. Then, the new personality traits will be implemented into part of the true you.

You have taken part in a powerful self-improvement program that is proven to be effective. You and those around you will soon notice the improvement and change in you. Thank you for giving me the opportunity to make a difference in your change your life.... in thirty days. Remember that you have used simple handwriting changes to reprogram your mind. Go ahead and share this knowledge with your friends and family. Have them start changing their own handwriting, too.

Thank you for your perseverance, commitment, and determination. But most of all, thank you for trusting me enough to dedicate your time and energy into this program. I am complimented and pleased at your effort. Again, congratulations.

Sincerely,

A handwritten signature in cursive script that reads "Bart Baggett". The signature is written in dark ink and is positioned above the printed name.

Bart Baggett

PS. I am sincerely interested in your success. You are invited to write or call me directly. I welcome hearing about your success stories.

Email : [bbaggett@myhandwriting.com](mailto:bbaggett@myhandwriting.com)

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# Comments Page

Fill out this short questionnaire and mail to Bart Baggett. You will be personally answered by Bart Baggett himself because your progress is important! Also, as a way to thank you for taking the time to tell us your thoughts, you will receive a coupon for a discount on future purchases of various self-improvement products such as books, tapes, and seminars.

- Overall, what did you think about the course?
- What specifically changed the most about your life in the last 30 days?
- What about your job, spirituality, or relationships has improved since the course began? Have you noticed a change in your thoughts, your confidence, your attitude? Please give details.
- Would you recommend the course to a friend?

What you tell him or her that the greatest benefit would be?

- Would you like us to mail that friend more information? If yes, write name and address below...

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip, Tel. \_\_\_\_\_

- Could we use your comments for promotional purposes in print? Yes \_\_\_\_\_ No \_\_\_\_\_

Your Name \_\_\_\_\_

Your Address \_\_\_\_\_

Your City, State, Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Thank you.

Please mail this questionnaire to:

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c/o Empresse Publishing  
PO Box 720355  
Dallas, TX 75372