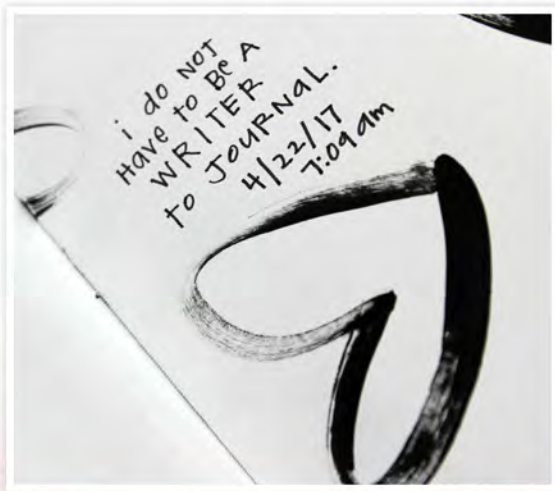


EXERCISE NO. 1 — JUST WRITE

Grab a pen and paper and write these words: *I do not have to be a writer to journal.* Don't forget to record the date and time for later moments of reflection.



Once I wrote this phrase, something dawned on me. I always say that if something dawns on you, you might want to remember it... so write that down too!

- I do not have to be a writer to journal.
- I do not have to be a speaker to share my story.
- I do not have to go to art school to be an artist.

These thoughts came from the simple task of telling you to write down that first statement.

Try the exercise again. Maybe this time, give yourself permission to just write words, scribble out mistakes, and write down fears and worries or successes and struggles. Use the space below.

Journal here!



EXERCISE NO. 2 — ME, MYSELF & I

For this next exercise, take a look at the questions below. Choose a few to answer, or answer them all. Use the space on this page to journal some responses. Be as messy or as neat as you like.

Remember: it doesn't matter what it looks like!

- What am I most grateful for today?
- What habit do I need God's help to overcome?
- What have I avoided praying about because of fear or shame?
- What am I trusting Jesus for today?
- What is my purpose?
- Do I struggle to praise God when things are tough? Do I see those times as opportunities to grow?



"Each morning let me learn more about your love because I trust you. I come to you in prayer, asking for your guidance."

Psalm 143:8 (CEV)



Journal here!



These exercises are very basic and elementary, but once you have them down, you're on your way to creating your very own lettering style that is unique to you. It's perfectly fine to be inspired by the lettering skills of others, but be sure to stay true to the way you create. This applies not just to lettering, but to anything you create—including your life.

EXERCISE NO. 1

Using a pencil, draw a letter in both uppercase and lowercase. Start with just one letter for now, before doing an entire alphabet. Using a black pen, trace completely around the pencil line until it is completely enclosed, as shown here. Now erase the pencil line, and you have drawn your first letter.



EXERCISE NO. 2

Repeat the first exercise, but when you draw lines around the pencil, stay very close to the pencil marks. This will change the entire look of your letter. NOTE: If your lines were already very close to the pencil in the first exercise, do the opposite and draw the lines further away from the pencil marks. Erase the pencil lines, and admire your letter.



EXERCISE NO. 3

Repeat the process, but this time, write an entire word. Here are a few suggestions: your name, Love, Hello. Start by drawing the letters in pencil, and then go back in with a black pen to add lines. Erase the pencil marks.