

David Bartholomew's
Change Your Handwriting, Create Your Future.

After Your Workshop or Session-- the Process.

1. **Together we will choose new stroke formations in alignment with the shifts that you have voiced you wish to occur in your life.** These are limited to **no more than 3 at a time**, as every cell in your body may be struggling with your new affirmation, *"This is who I now choose to be!"*
2. **You agree to take on the daily, spiritual practice of these changes, a page a day for 30-40 days.** Various opinions have placed the time it takes to break old habits and instill healthy ones at 21-30 days. 40 days is also historically a very powerful number.
3. **You will number and date 30-40 pages** of looseleaf or bound **unlined paper**, oriented in **landscape** fashion (long side toward you)Your practice shall be done with **pen** as opposed to pencil. Together these shall signify your commitment (and/or resistance) to show up on the page, and allow you to express yourself without restriction.
4. **Write 3 lines of each letter. Finish off the page with words** that contain the letter at their beginning, middle, and end. Continue as you wish with **journal writing** that incorporates your changes and/or **non-dominant handwriting**.
5. **Be gentle with yourself.** You are becoming aware of the person you know you are deep inside.
6. Through this homework/practice period, **a sample a week is sent** to me to make sure fear- or resistance-based traits are not creeping into your writing to compensate for these affirmed changes. These may also show where additional, unassigned changes are occurring naturally, in alignment with, and support of, the new you!
7. **A Log of Miracles is kept** in order to chronicle the many successes you will achieve in all areas of your life... but which your protector/critic/old self will wish to negate in order to not change. Do not underestimate the power of this tool.
8. **Another session is scheduled**, in which we move onto the next set of changes. Usually 3-4 sessions is enough to give you the results you wish, and a working knowledge of the individual strokes you will wish to incorporate into your now unique, expressive writing style. From there on, perhaps only occasional maintenance may be desired, in support of new goals, or through stressful periods.

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