



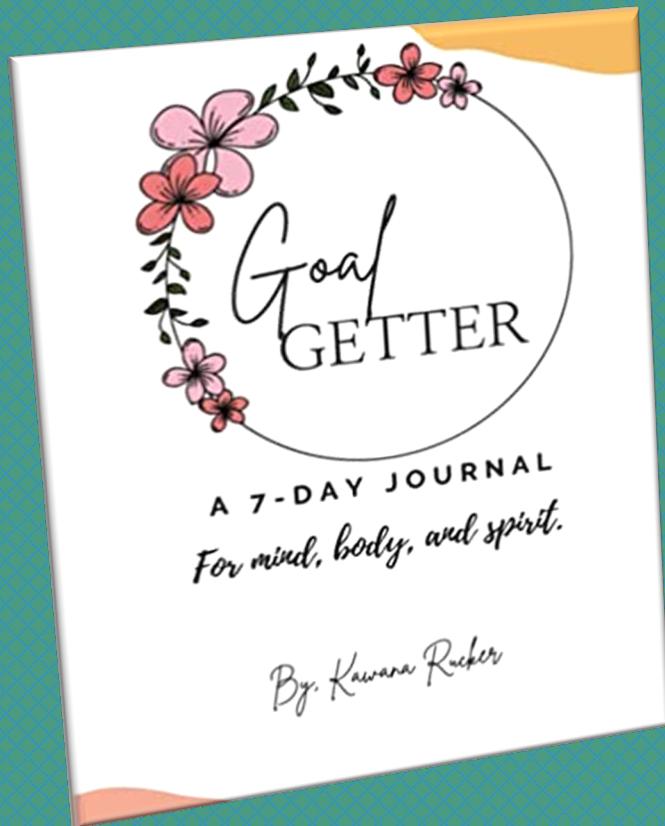
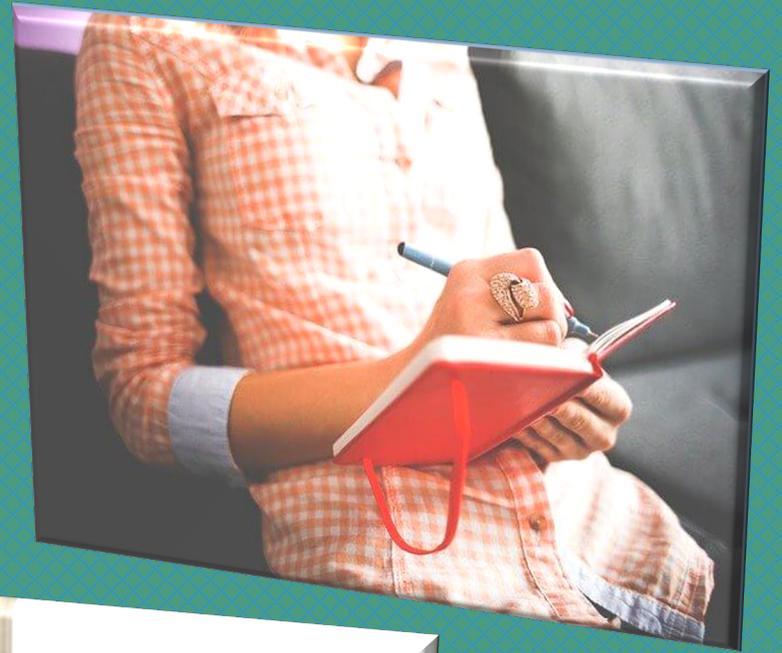
Kimberly Garcia

Founder & CEO

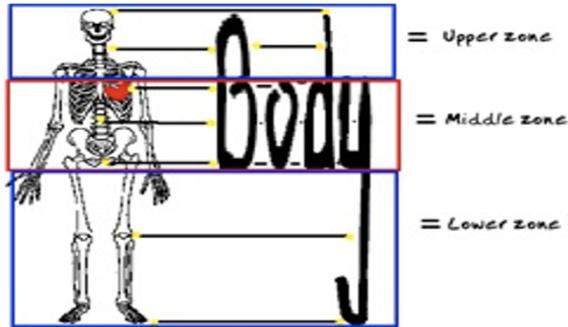
***Internationally Licensed
Forensic Handwriting Analyst - Practitioner
Published Author & Keynote speaker***

www.seedofwellnesscenter.com

JOURNALING THE WRITE WAY



ZONES

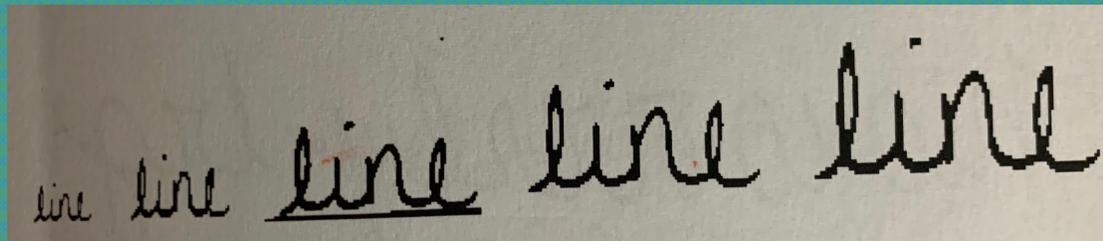


Upper zone is the **top** of the head to **top** of the heart

Middle zone is the **top** of the heart to the **lower** abdomen (center mass)

Lower zone is the **lower** abdomen to the **bottom** of the feet

SIZE



FOUNTAIN, FELT TIP, BALL POINT, PENS
& PENCILS

PRINT VS CURSIVE

MARGINS

SLANTS

BASELINES

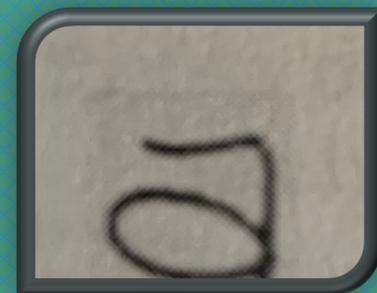
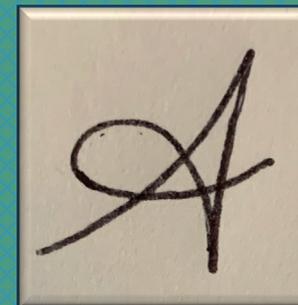
LEFTWARD & UPSWING
ENDING STROKE

CAPITAL **I**
YOUR INDEPENDENCE

STAR A

SMALL A

SCRIPT-LIKE A

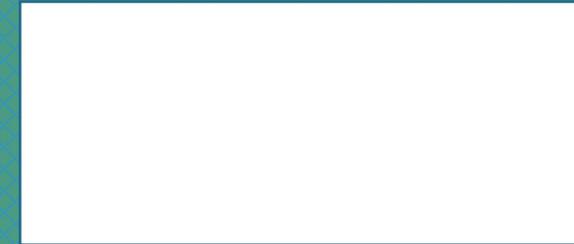


DIRECTION OF THE PAPER

PORTRAIT

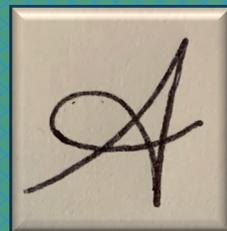
OR

LANDSCAPE



LINED OR UNLINED PAPER?

XXXXXXXXXXXXXXXXXXXX



I have a positive vision for my life. I see my business growing
I see my strip center down the street serving thousands of people
in a positive way. Some changes will show up after 40 days. The
way I look at things improve. Doodling in cursive shows empathy
and emotions. Doodles can reveal stress or anger. Baselines need to
always flow up. Rounded loops are a sign of well being
~~XXXXXXXXXXXXXXXXXXXX~~ I have a positive vision for my life I see

I have a positive vision for my life
I see my strip center down the street
in a positive way
way I look at things improve
and emotions.

I am writing through the eyes of faith