


FUNSHEET

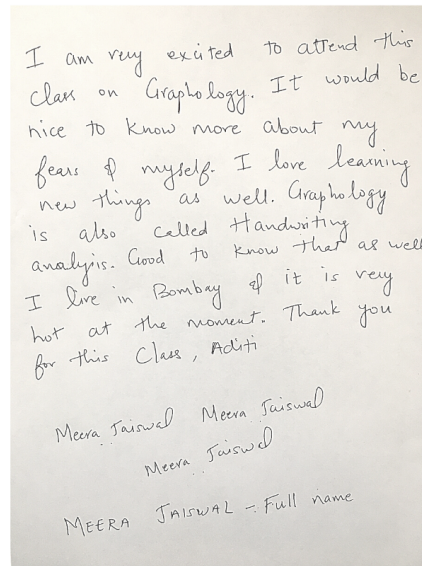
STUBBORN D STROKE

ABSOLUTELY
 **WRITE**
WITH ADITI SURANA


IVM PODCASTS

How to create your handwriting sample

- Let's start with an A4 unruled paper. (Yes, the one used for photocopying / printing.)
- Think of a topic that you would like to write about. You can choose anything...Literally anything.
- Now spontaneously write a paragraph of 8-10 lines using a ball point pen. Do not copy it from anywhere.
- Autograph, please. Make your signature/signatures 3 times. (Incase if you have different ones for the bank, etc).
- Finally end with your FULL name in CAPITALS and email it to write@aditisurana.com



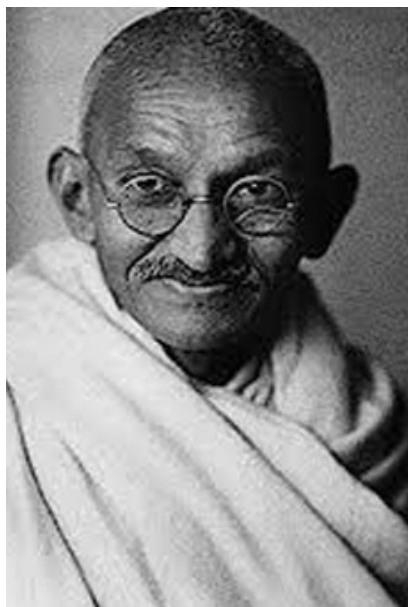
www.aditisurana.com

Create your own handwriting sample



FIND STUBBORNNESS IN YOUR LETTER D

Stubborn or firm? What's the difference according to you?



I want world
sympathy in
this battle of
Right against
Wright.
Sardar MK Gandhi
5.4.30

*The Stubborn D in
MK Gandhi's handwriting*

Let me give me 5 ways to deal with stubbornness and stubborn people.

1. Do not take it personally

Do you take or have taken a stubborn person's resistance personally? Describe that situation.

3. *Speak without personal remarks.*

Instead of saying - you are an inconsiderate person - say - it is inconvenient for other family members when they cannot not find things.

Think of 2 things you say & rephrase it.

What do you generally say?	What you can say instead -

4. *Play by their strength*

Think of any situation where you couldn't fight your limitation and ask - What will you do next time? Or what else was possible?

Stubborn people are smart, good in business, and can be great decision makers. Learn how to work as a team.

Think of 3 ways you compliment each other.

1. _____

2. _____

3. _____

5. Take control of the situation.

Do not get hooked into their anti-everything, nay-saying attitude. See through it, identify it, acknowledge it and take control of how you handle the situation.

1. Write down their annoying perspective that you simply cannot stand.

2. Write the words you would say to them to show that you hear them. (it's tough to think of these words when you are with the stubborn person. So do it now as an exercise.)

3. Remember to breathe and stay calm.

4. Gently ask them to respect your opposing opinion. Write your words. Think of verbally or nonverbally how you are pushing their buttons.

CALMSUTRA WITH ADITI SURANA

A graphotherapy practice to induce calmness

Join us every Monday for a Calmness based handwriting meditation called, 'Calmsutra with Aditi Surana'. Aditi will be doing a handwriting based meditation process, live on Instagram for 12 minutes,. All the details are mentioned on www.aditisurana.com/calmsutra



Graphology Masterclass for beginners

Know yourself better

We are keen to know what were your takeaways? What small action will you be taking today to improve something in your life? Do share your experience and send your questions on our instagram handle @Aditisurana.

To learn graphology or know more about how Aditi can personally coach you, visit our website www.aditisurana.com