

FUNSHEET
DO YOU THINK
YOU KNOW
YOURSELF?



ABSOLUTELY
WRITE
WITH ADITI SURANA

WM
IVM PODCASTS

DO YOU THINK YOU KNOW YOURSELF?

Today's topic can't be ignored anymore.

In this funsheet, let's :

- Take a quick test
- Explore what is personality?
- Know 3 reasons why graphology or handwriting analysis is a reliable & accurate tool?

When your understanding of yourself is_____, you are always living under fear of being exposed, of losing your face or of being caught off guard.

What is *personality*? Why is it important to understand it in the first place?

How do you describe your personality?

1. *You have a great deal of unused capacity, which you have not turned to your advantage.*
2. *You prefer a certain amount of change and variety and become dissatisfied when forced into it by restrictions and limitations.*
3. *You pride yourself as an independent thinker and do not accept others statements without satisfactory proof.*
4. *At times you have serious doubts as to whether you have made the right decision or done the right thing.*
5. *You have a tendency to be critical of yourself.*

Personality = All past experiences + all beliefs.

It is a snapshot of all the _____that you are repeating consciously or unconsciously.

With all honesty, ask yourself in order to go where you wish to go in life, *is your current personality serving you well?* yes/ no/ maybe

Framework created by psychologists *Joseph & Harrington* - Johari window.

	Known to self	Not known to self
Known to others	Arena	Blind Spot
Not Known to Others	Façade	Unknown

3 reasons why I consider graphology *so reliable and accurate*:

- **Handwriting keeps changing:**

I feel personalities are fluid. The personality assessment tool must do justice to ever changing part of our nature.

- **Mirror mirror on the wall!**

Handwriting is a non _____, non _____ tool. There are _____ stroke combinations in these mere 26 alphabets.

- **Handwriting doesn't _____.**

Analyse your own handwriting:

Take a moment to pull out your notebook, diary or any notepad where you have already written something or if that is not handy then write 8-10 lines.

If you are not printing this document then write on a blank sheet or paper while keeping the instructions in mind. Do this before you look at the 5 points in your writing.

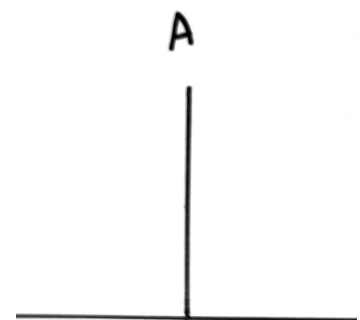
Please know that this is a trial test. Just to give you a basic idea about how a graphologist works. The actual assessment involves an in depth study of each and every factor.

- **How do you respond emotionally?**

Look at the letter b, d, f, h, k, l, t and observe one of the following tilts.

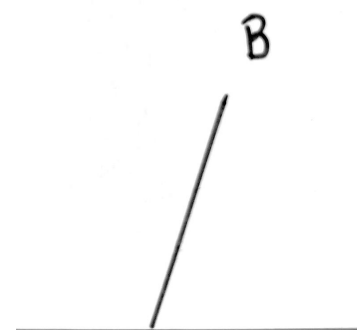
Straight slant:

You prefer logic over emotions. You are an independent person. Before making any decision you always ask: 'Is it wise?' 'Will it pay?' or 'what will be the consequences?'



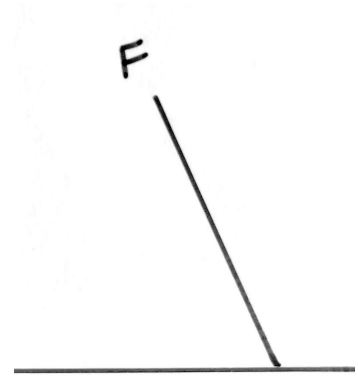
Right slant:

You are emotionally responsive. You make most of your decisions keeping 'how you feel about it?' in mind. Friendly & sympathetic.



Left slant:

You are self protective & take a lot of time before sharing your truest emotions with anyone. Before taking any action, you ask 'how will this help me?'

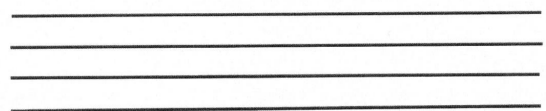


- **How do you go about the tasks at hand?**

Look for an imaginary line that gets formed while writing on a blank paper. Think of lines as a road to reach a specific goal.

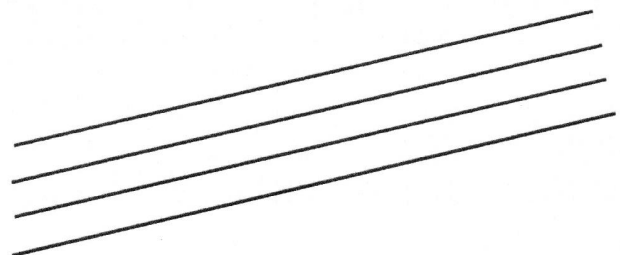
Straight baseline:

You deal with day to day challenges with a firm sense of objectivity. You are direct and driven by efficiency.



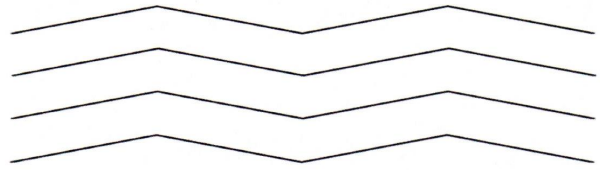
Upward baseline:

You desire to stay busy, active and constantly on the go. You try to find solutions with enthusiasm even in difficult times. You choose enthusiasm over efficiency.



Wavy baseline:

Some or all lines move in a zigzag direction. You hate long term commitments. You like to play by the ear. You are flexible, unplanned and fluctuating.



- **Are you a perfectionist?**

Look for your letter M - Upper as well as lower case.

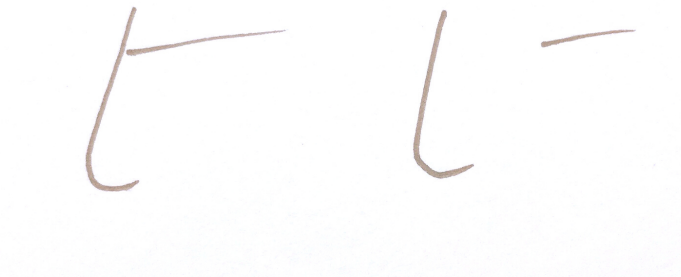


Notice the way you form your two humps in the letter m. If the second hump is taller than the first one, then you are a **perfectionist who hates making any mistake**. You try your level best to **avoid failure at any cost, even if that means not trying out new things or taking risks**.

Listen to episode #18 Perfectly imperfect & episode #36 Fear of failure to understand this concept in detail.

- **Do you throw a temper fit?**

Observe your lowercase 't'.



If the horizontal line flies off in the air on the right as shown in the diagram, then it implies that *you are an impatient person.*

- **Are you more logical or initiative?**

Look for the connections between the letters in your writing.

- Connected writer: This indicates that you are **logical & prefer step by step approach to the process.** You prefer smooth, systematic reasoning.
- Disconnected writer: This reveals **intuitions.** You make most of your final decisions on hunches or a sixth sense.

LEARN GRAPHOLOGY

WITH ADITI SURANA

**DO YOU FEEL STUCK IN THE SAME
MENTAL PATTERNS & THOUGHTS?**

Online handwriting analysis class
4 Wednesdays starting 29th July.
3pm to 5pm | Apply now.



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

Happy writing!