

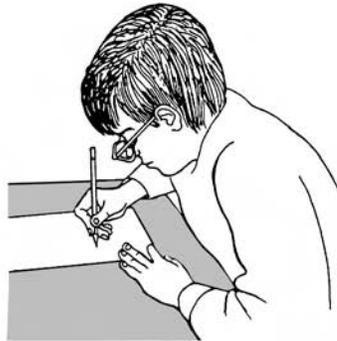
# Before you even start to write

It really helps if:

- 1 You can see what you are doing.
- 2 Your desk is the right height for you.
- 3 Your desk has a good surface.
- 4 Your paper is in the best position for you.
- 5 Your pen suits both your hand and your writing.
- 6 You hold your pen in a way that lets your fingers move freely.
- 7 You try to keep your desk clear and tidy.



Chair too low. Shoulders hunched.  
Hand twists so you can see to write.



Two cushions. Comfortable height.  
Hand straightens. Writing can flow.



Correct desk height. Arms supported.  
Shoulders relaxed. Writing improves.