

YOUR
HANDWRITING
SPEAKS
ABOUT
YOU!

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Dedication

Writing this E-Book has been on my bucket list for quite a long. And this has been possible only because of my mentors **Dev Gadhvi** (India's 1st Passionpreneur Mentor), **Mohan Bose** (Director, Kolkata Institute of Graphology), **Kruti Kadakia** (Director, Evolve Yourself), **Tanvi Kokitkar** (Graphologist & Founder of Write to Heal) who motivated me to share my gift of knowledge.

I am eternally grateful to my parents **Narayan Kulkarni and Nalini Kulkarni** who constantly believed and supported me in everything I wished to achieve in my life.

I couldn't be happier to have the support of my sister **Shweta Punjabi** and Brother-in-Law **Jitendra Punjabi** for being my strong pillars.

And not to miss my dearest daughter, **Prutha**, for being the soul of my life!

Mruga Gandhe & Madhuri Maharana - Thank You for giving me the wings to shape up my dream of publishing my own E-Book.

Lastly, I am grateful to all my friends who are family, my clients, and my teammates for giving me an opportunity to serve them and being their guiding light during their happy/sad moments.

You keep me grounded.

YOUR HANDWRITING SPEAKS ABOUT YOU

Say hello to a detailed analysis of your personality traits that hide behind the words!

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Introduction

This e-book is written with the intention to introduce you to explore 'Graphology' as a subject or those who are curious to learn how one can read the subconscious mind through handwriting.

All the information mentioned in the book will help you analyze people on a deeper level - their hidden traits and so much more! At the same time, I request you not to draw quick conclusions as the subject is vast & needs a thorough understanding of the science behind it.

The theory underlying graphology is that handwriting is an expression of personality. Hence, a systematic analysis of the word/letter formations can reveal some traits of a personality. Whenever a Handwriting Analyst sits down to analyze a sample, always check the correlating traits before drawing conclusions about the personality assessment.

Power of Handwriting Analysis

We, as human beings, go through problems every day. And with time, I saw the opportunity to ideate and resolve some of the most common day-to-day things using Handwriting Therapy.

I even cured my acidity issues within 45 days by just practicing and altering a few patterns in my writing.

Post the first year of knowing graphology, I observed some symptoms of kidney stones. So, I came back from work and immediately analyzed my own handwriting sample and I saw the traits of Kidney Stones. To get it confirmed, I went to the Doctor and told him that I have got Kidney Stone. The Doctor laughed it off and asked “How can you be so sure?” I affirmatively asked him to take an Ultrasound for confirmation.

Guess what, we took an Ultrasound and observed a small kidney stone in the left kidney.

How do you think this was possible?

The brain catches the signal of any health issue before it starts showing up physically in your body. This helped me to be more aware of my health and now it is a part of my practice. I analyze my own handwriting every month.

So, here are a few major problems which I feel all of you would resonate with:

- Health
- Mental Health
- Productivity Issues
- Behavioral issues
- Personality Misunderstandings
- Physical / Material Life
- Communication Issues
- Self-Esteem / Self-Confidence issues
- Lack of motivation in life

- Reproductive Issues
- Poor Parenting
- Lack of clarity and focus towards goals

For Students it can be:

- Poor Concentration
- Scattered thoughts
- Lack of analytical and logical skills
- Extremely Moody and Impulsive
- Weak Fine Motor Skills
- Unable to Express
- Poor Confidence
- Poor Self Esteem / Self beliefs
- Silly Mistakes

What is Graphology?

Let's understand what Graphology precisely is, and how it can help us lead a happy fulfilling life.

"Graphology can be defined as a simple study of character and personality through the analysis of pen-stroke formations used in handwriting."

It is increasingly being incorporated into activities like employee hiring, fraud detection, relationship compatibility & reconciliation, and many more!

Can you predict what you will think at the very next moment?

You never know, right?

We don't know when the situations change, or what could cause drastic changes to our thoughts.

Eventually, our handwriting is the purest reflection of what we think, how we think, and why we think.

So, in graphology, the analyst doesn't really read what is written (the content) but observes the way it's written. **It is primarily concerned with the structure of the alphabet, the strokes, and the form they used for writing.**

We see through the pattern of strokes, space, shape, form, size, pressure, etc.

These elements constitute the various components of handwriting. Just like the other branches of science, graphology helps you slide from a known 'graph' to an unknown 'mind'.

Each stroke of your pen reveals:

- The kind of person you are

- The way you feel about yourself and others
- Your talents and abilities
- Your possible reactions to different situations
- Some unaware facts about yourself

Hence, it can help you with

- Understanding yourself - your strengths & weaknesses
- Understand other people - their mindset and characteristics
- Choose a career path that can lead you to success
- Guard your physical and mental health

Finally, it can help you change your life [and maybe others too].

So, Graphology tells a lot about you by looking into your subconscious mind through the medium of handwriting.

As the popular saying goes: “We write our own destiny!”

In fact, it’s the literal translation of holding the power to rewrite our destiny by reworking our handwriting.

And I am super delighted to guide and assist you on this journey.

Let’s pledge to change our limiting beliefs, fears, and procrastination. And empower ourselves to change our present in order to manifest our desires effortlessly.

If this excites you, then, let’s begin our journey together!

Limitations Of Graphology

Though there are possibilities of getting insights into someone's thought process or character, we do have some factors that cannot be determined using handwriting analysis alone.

A few of them are as follows:

1. **Age Determination** – Graphology represents the mind, not the age. For that matter, we can have a mature 16-year-old as well as an immature 60-year-old person. It's no clear sign.
2. **Gender Determination** – Thoughts don't have any gender. Graphology cannot detect the sex of a person as many makes have feminine traits and vice versa.
3. **Right-handed or Left-handed** – The person could use his/her either hand, but the source being the brain, it is impossible to detect which of the hands was used.
4. **Nationality**
Your Nationality is a critical trait to be determined right from your handwriting.
5. **Caste, creed, and religion**
No handwriting can predict the caste, creed, or religion of a person.
6. **Cannot predict FUTURE** - A positive expectation of a good future is possible but not what it exactly holds.

“The Accuracy Level Of Graphology is 95%”

But, it is termed “Empirical Science” which means the more you practice the more accurate you become!

Uses of Graphology

- **Self-Discovery to Know your Mirror-Self:**

The more you know yourself, the higher the chances of understanding your current life pattern, thought process, and the respective changes you need to amend for a better you.

- **To know the person's subconscious mind:**

Humans are ever-curious about: "What the other person is thinking about?"

It can be about you or any situation - doesn't matter. But, you can easily predict if you just simply look at their handwriting.

- **Criminology & Lie Detection:**

I would be lying if I say that graphology can't help catch a criminal..Of course not literally chasing though. But, you can surely catch his lies.

- **Forensic Department:**

Often, samples of written letters or signatures are sent to the Forensic department, where they will need to analyze and match the handwriting to that of the victim or criminal.

- **To check Business Compatibility:**

We can collect the handwriting and signature samples of both the partners involved in business and check the compatibility of their personality traits so that they will know each other's strengths/weaknesses, habits, and behavior. This helps to enjoy a Happy Collaboration with each other

- **To check Marriage Compatibility:**

Handwriting is the self-image of the person, it's always better to know everything about the person who will be your LIFE PARTNER. It

would be 10x better to know the inside-out personality and behavior of your life partner.

- **To understand early signs of Physical and Mental Health**

Handwriting and the Brain are precisely connected. This is why your brain catches the signal when you are upset way before you actually realize that you are not well mentally. We can identify all the mental disorders like Anxiety, Suicidal Thoughts, Depression, Obsessive Control Disorder, and Kleptomaniac much before the physical signs shown by an individual's body.

- **Recruitment**

It's easy to know if we are hiring the right person by looking at the handwriting and gauging some metrics like their strengths/weaknesses, the possible caliber, etc. Is the person fit for the kind of role an organization is looking to hire? Will they be able to take up the peer pressure or are they consistent in their actions and deliverables? The list can go on and on...

- **Choosing the right Career**

As I explained before that Handwriting is the self-image of an individual. They can know and discover their potential which will help to choose the right career.

For example, if a person's handwriting is small, then he is generally introverted with a closed circle of friends. A sales or marketing job will never excite him due to his inability to express himself.

- **Child and Parenting**

This is an important aspect of family life where you can gauge the kind of parenting you are giving to the children. A quick check if the parent is capable of understanding the child's wants or the best way

to treat them. Once you help them learn the science of Handwriting analysis, they can correct their personality errors at an early stage. This will help him/her become a better adult later.

Which Color Are You...??

- **Blue** – Blue is the Colour of Harmony and also a space element. They are very reliable, trustworthy, calm, and composed. They know how to handle the given situation and can respond well. They can be friendly and may maintain good relationships with people around them.
- **Red** – Red is the Colour of Danger & Attention while some consider it a Holy Colour. The writer who uses Red Colour ink in the writing sample indicates aggressive nature and attention-seeking tendency. They want their presence to be felt and will also experience a lot of ups and downs in their life. They could have a troublesome childhood but a peaceful old age.
- **Black** – Black is the Colour which absorbs all the other ones. So, writers using black ink can possibly have an attitude of “My way or Highway”. They may also believe in showing off and can get real stubborn. Due to their rigid behavior, they might struggle with making friends.
- **Green** – Green is the Colour of Prosperity. So, people who use green ink attract success and fame effortlessly. They may carry sibling rivalry, enjoy costly perfumes, and expensive or luxurious life. Despite all this, they have great acceptance from the people around them because they are trustworthy, friendly, and spiritual.

The Page Chronology

Page Concept I

Let's do a quick experiment now. Consider this a white page and divide it in half. The left side portion represents your past and the right portion your future.

Write down everything possible for both columns.

YOUR PAST	YOUR FUTURE
<p>Your past includes:</p> <ul style="list-style-type: none">- Parents- Friends- Relatives <p>Environment:</p> <ul style="list-style-type: none">- Social- Economical- Emotional- School- Teachers- Spiritual GURUs- Home Town- Rules / Regulations- Cultural	<p>Your future includes:</p> <ul style="list-style-type: none">- Opportunities- Risk- Choices/Decision Making

Page Concept II

ACTIVE PAST	PRESENT
<ul style="list-style-type: none">● Factor #1● Factor #2● Factor #3	<ul style="list-style-type: none">● Factor #1● Factor #2● Factor #3

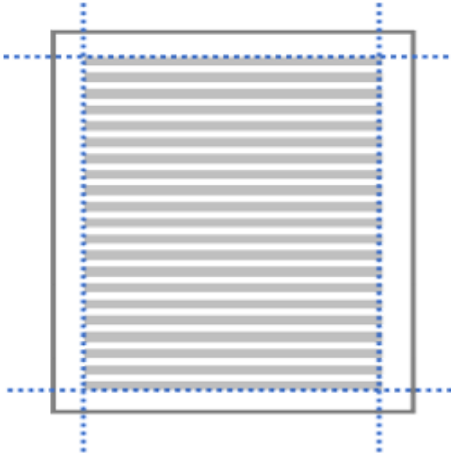
Active past is the amount of past you still relate to in your present. Simply put, your connection with the past is concrete and you find it difficult to let go of it.

The present represents your current state of mind.

Find out what factors are holding you back and the ones helping you face your present.

This will help you analyze your own growth as a person.

The Marginal Secrets

	<p>The Blank Page represents a writer's life and whatever he/she writes represents how they see and interact with their surroundings. In short, the margin space can determine the attachment between you and society as a whole!</p> <p>They can be either rule breakers or follow all societal norms.</p>
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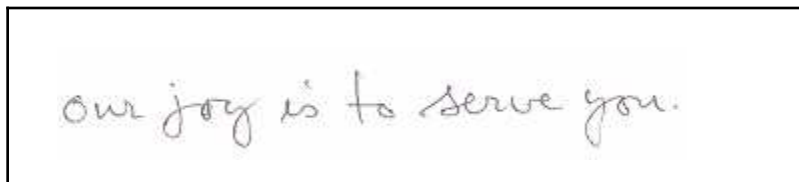
4 Types of Margins To Take A Close Look At

- **Left Margin** - The Left Margin will help us to decipher everything about the writer's past, how obedient he/she is if they are attached to their roots, respect their culture, or value their ancestors and their inherited rituals.
- **Right Margin** - The Right Margin will enable us to decipher if the writer is a risk-taker, accident-prone, or insecure.
- **Top Margin** - The Top Margin will encourage us to decipher the morning activities of the writer
- **Bottom Margin** - The Bottom Margin will help us to decipher the evening and late evening activities of the writer.

Handwriting/Font Size

The size of the handwriting directs to the writer's self-importance. It also helps estimate the way you respond to your day ahead.

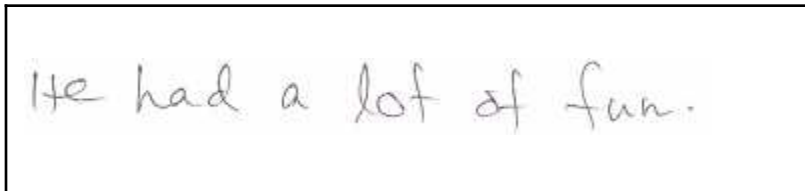
Small-Font Handwriting:



This writer's childhood has been lonely & he's an introvert. Below are the possible traits:

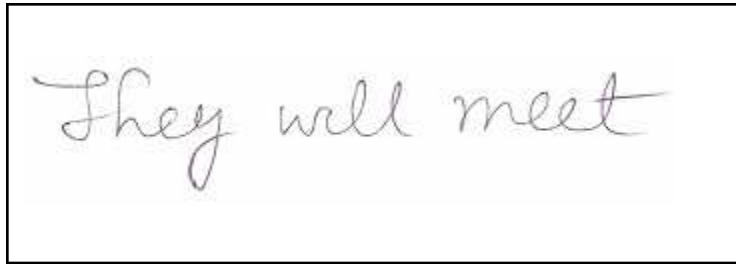
- a) Good concentration
- b) A Planner / Thinker
- c) Acute Strategist
- d) Ardent Researcher
- e) Introverted
- f) Calculative mind
- g) Socially Fearful (yet deals with people intelligently)

Medium-Font Handwriting:



This writing is neither too big nor too small. This is someone who is social enough and has an okay-ish ability to concentrate. Most people belong to this category unless experiencing an extreme mood shift. To put it straight, you can consider them both leaders and followers. In other words, middle-level managers - the ones who can row two boats at once!

Big-Font Handwriting



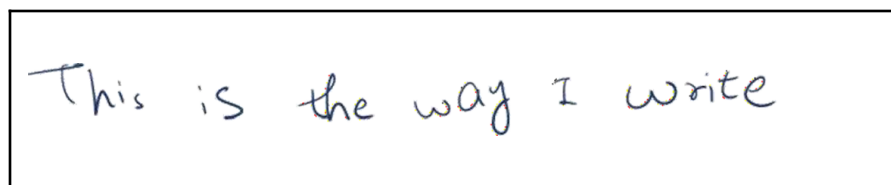
These people are highly social and extroverted.

They want to be noticed by others.

Below are the possible traits:

- a) Socially Confident
- b) Talkative approach
- c) Friendly Leadership Skills
- d) More of Executors or Action-Takers

Variable Handwriting:



Let's find out what these writer traits are.

- a) Mysteriously Moody
- b) Highly Unpredictable
- c) Emotionally disturbed

d) May not reveal their true self


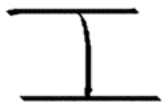

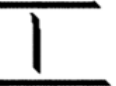
Some Variables & Their Hidden Meaning...

The Secret Behind the letter 'I'

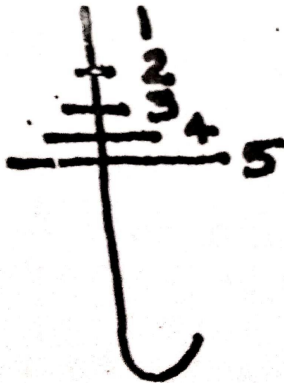
So, What Does CAPITAL 'I' Speak of?

The letter 'I' tells about the writer's relationship with their Mother & Father.

We will decode and try to understand the examples below to witness the extent of influence the writer's parents have on him.

	Influenced by his/her father more than mother
	Influenced by his/her mother and father both equally
	Influences by his/her mother more than father
	Keeps distance from both mother and father, the writer may have been influenced by both of them but will never show or doesn't want to support parents.

The Self-Esteemed “ t “

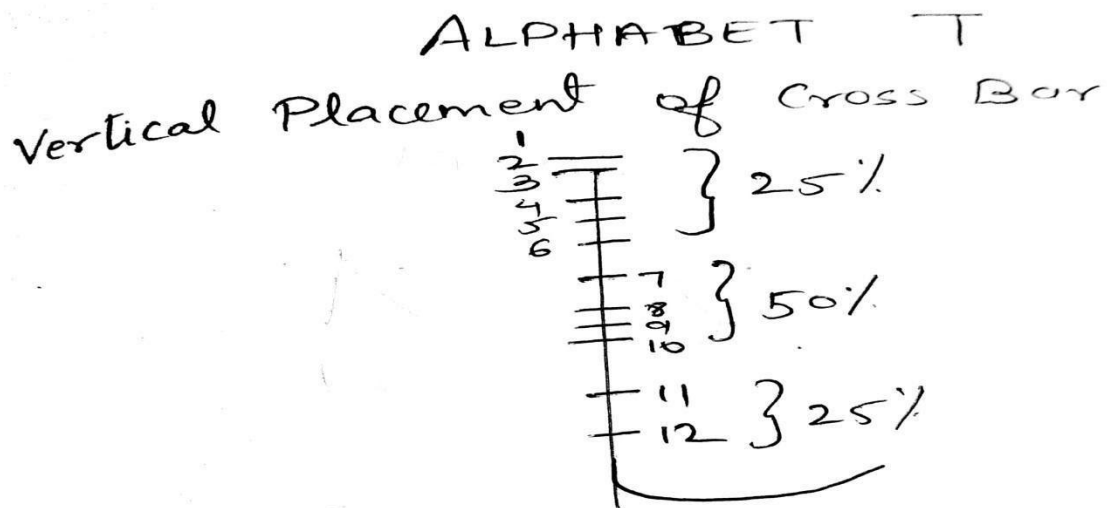


The letter 't' reflects the mental image that a person has of himself or the self-esteem he/she holds! It also reveals the individual's endurance and willpower.

The letter 't' is divided into 2 parts.

Horizontal Cross Bar: How much opportunity is the person actually using? The horizontal bar shows the sustaining power or willpower of the writer.

Stem: It tells a person's ability to analyze reality. The longer the length, the greater the effort put in by the writer.



- 1) Using no crossbar indicates that the person's approach is very casual and he may be quite absent-minded.
- 2) Has fancy and unrealistic Goals
- 3) First 25% = Whenever the t crossbar is in its 1st 25%, this means this person has good health and highly achievable goals. They can also be high on self-esteem and self-respect.
- 4) Middle 50% = Medium self-esteem and average goals. This is the category that the majority of people fall into. These are relatively happy, secure, and satisfied.
- 5) Last 25% = Very low on self-esteem. People can take them for granted, goals are very basic. They exist in survival mode, often finding themselves self-sabotaging. Negative thinking and pessimism are also active parts of their thinking process.

The Decision Making “m”

- 1) $\overset{A}{M}^B$
- 2) m
- 3) M
- 4) m
- 5) M M
- 6) M M

- 1) 1a – Good at finding opportunities
1b – Quick and accurate decision maker
- 2) Very slow at finding an opportunity as well as the decision making
- 3) Quick at finding the opportunity but slow at decision making
- 4) Slow at finding the opportunity but quick at decision making.
- 5) The 2nd hump being bigger than the 1st hump depicts that this person is very self-conscious. When in a crowd, he would always worry about people's opinions of his appearance, his behavior, and maybe more!
- 6) These people are the diplomats, who also have the ability to first make their decisions and then gather information.

Performance Anxiety “O”

- 1) 0
- 2) 0
- 3) 0

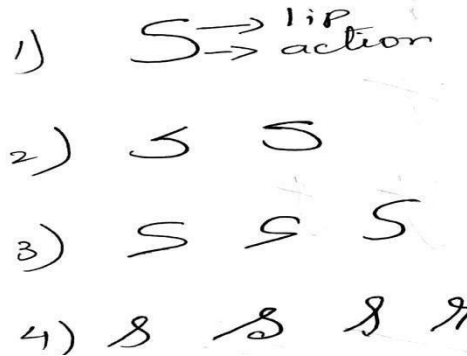
1) These people are ‘perfectionists’. They also expect perfection. The people around him always feel the stress and find him inhuman and insane. It’s an ideal case for psychological disorders.

2) This person is ‘professionally secretive’. He will never reveal a trade secret to you or his other sources of income.

Eg. Lawyer or CEO.

3) This guy’s trait of not sharing is 100% automated.

Sympathetic "s"



- 1) Upper curve = Lip / Verbal sympathy
Lower curve = Action Sympathy
- 2) Less verbal sympathy but loud actions. (More of an action-taker and a real trouble saver)
- 3) Only verbal sympathy or overdoing of verbal sympathy to compensate (only feeds his words to compensate no-action)
- 4) 'S' starting directly with a cursive/plain stroke, means the writer takes on unnecessary responsibilities. They always feel responsible for others' happiness. This child could be the eldest child in the family. They want to be self-sufficient at a younger age. They tend to sacrifice. But sacrificing too much can lead to too many expectations as well.

Is He/She Secretive?

SEGMENTATION

ŷ ŷ̂ ŷ̃ F̂ F̃ Ê Ẽ ô ô̂

Strokes that are deliberately withheld or disconnected indicate **highly manipulative intelligence**. They may be good with words but their ultimate plan is to deceive people. These people might stammer while communicating.

All 'Indian Languages' are segmented. They have Manipulative Intelligence. It also means holding the trust and not necessarily lying.

Tips and Tricks for Improving Personality

Healing or changing for the better can be done in many ways. With every psychological change, we see the nature of the client and motivate them to see the best in them. Surprisingly, I have realized that even the smallest techniques which are considered insignificant can stir up a great change in individuals.

“Change takes place when strong need meets great desire!”

Change can happen with medicine, psychotherapy, counseling, or even a small heartfelt prayer - the list may go on. No wonder graphology too can bring about the desired change and this change has to be made client-friendly.

Graphology is one of those diverse groups of sciences that read characters. We are always intrigued by human variability, psychology, and the uniqueness of a person. In one way, it is used to analyze nature by using handwriting and another is to use handwriting for encouraging behavior change. By changing handwriting, one can change behavior. This is called ‘**Graphotherapy.**’

Journaling Your Day

Journaling is **an act of keeping a record of your personal thoughts, feelings, insights, and more.** It can be written, drawn, or typed. It can be on paper or on your computer. It's a simple yet cost-effective way of improving your mental health.

Journaling has personally helped me deal with my ‘Depression & Anxiety’ period with my head-high. I used to religiously journal every day about what and how I felt about myself...Thoughts that kept bugging me...my happiness...sadness...every bit of it.

I jotted almost everything that crossed my mind.

The most effective journaling activity is to write down a **gratitude list** with 5 things/situations/people you're grateful for every single day. This improves your relationship with your own life where you are constantly pushing yourself to find the things you are grateful for!

Always start the day with positivity and set the tone of each day and...

BE HONEST! BE YOURSELF! The breakthrough will happen eventually...



Stress Release using Catharsis

Catharsis is a process of expressing strong feelings through plays or other artistic activities, as an alternate route to suppressing anger, suffering, etc.

I learned this technique from my Mentor **Mr. Manoj J Lekhi (Motivational Speaker)**.

Follow These 8 Simple Steps To Welcome Peace:

1. Take a piece of paper
2. Write everything that you feel about the person who made you angry, any situation that has upset you, or anything that's led you to low energy.

Pro-tip: Use bad language or slang if you want to!

3. Write at speed without thinking about the number of pages you're filling up
4. Once you are done, close your eyes and recite this:

“I AM RESPONSIBLE FOR EVERYTHING THAT HAPPENS IN MY LIFE KNOWINGLY OR UNKNOWINGLY”

5. Affirm with Ho’oponopono Prayer (It's a Hawaiiin forgiveness technique)

Thank you

I Love You

I am Sorry

Please forgive me

6. Tear or burn the paper after this
7. Take a Deep Breath (Deep Inhale and Exhale)
8. Have some Baby Sleep

NOTE: You can do this any time of the day if you see your energies frequently fluctuating.

JUST LET GO!


Some Alphabet Improvements

1. If your t’s “horizontal bars” are very low placed, try to place them at least at 90% with slight heavy pressure (This will help in improving the self-esteem and willpower)



2. Write your ovals correctly, alphabet ‘a’ and ‘o’ (This will help you stay clear while communicating)

3. Write correct lower zones for alphabets 'y', 'g', and 'j'.

(This will help you in high completion  ratio, and saving habits and people would trust you more)

4. Write your 'q' correctly as shown in the pic 

(This will help you in showing aggression at the right time)

About The Author

Vasudha Kulkarni, a full-time mom, an ardent HR professional, and a Counsellor has always been the most passionate about the art of Graphology. With almost 2 years of experience, she has had the opportunity to analyze 300+ handwriting samples and assisted clients to identify and solve problems regarding their:

- Strengths/Weaknesses
- Deep childhood beliefs
- Sensitive childhood traumas
- Financial beliefs
- Creating stronger & deeper relationships,

And above all, achieve the most they can which is positively possible through Graphology & Graphotherapy.

She has changed many patterns through Graphotherapy and started attracting good work opportunities. With time, she developed a strong balanced mind of focus, work ethic, and consistency and started loving and accepting herself for the way she is.

She has the power of envisioning the world without bad decisions, thus it is her life's mission to help people discover themselves and reach their self-actualized potential by rejuvenating their outlook on themselves and the world surrounding them.

Personality Decoder @ Redesiign Yourself – Create the BETTER you!

Handwriting Analyst / Signature Analyst / Logo Analyst / Doodle-Drawing Analyst / Counsellor / Guide / Productivity Enhancement Coach

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Vasudha Kulkarni

I can also train on:

- Basic Handwriting / Signature Analysis
- Advance Handwriting Analysis
- Drawing Analysis
- Doodle Analysis
- Productivity Enhancement Coaching
- Signature Analysis
- Logo Conceptualization and Analysis
- Colour Analysis