

Read your own handwriting

Write a sentence on separate paper. Read it back, then tick what you can see. Choose one thing to work on next.

☐ I can read each word without guessing.

☐ My letters sit near the baseline.

☐ Short letters have a similar height.

☐ Tall strokes and lower loops have enough room.

☐ Spaces make the words easy to tell apart.

☐ My hand felt comfortable while I wrote.

One adjustment to try next time _____

This is a reflection sheet, not a score or a diagnosis. Compare today with your own earlier writing, not someone else.