



Weekly Practice Plan

MINDSET TRAINING

WEEK	LESSONS TO WATCH	WORKBOOK	DATE COMPLETED
1	Mindset Training 1: The Four Levels of Learning Mindset Training 2: Importance of a Growth Mindset Mindset Training 3: Learning Styles	Your Goals & Before Piece	

CALLIGRAPHY TOOLS & TERMINOLOGY

WEEK	LESSONS TO WATCH	WORKBOOK	DATE COMPLETED
2	Introduction to Calligraphy	N/A	

MONO & FAUX CALLIGRAPHY LETTERS

WEEK	LESSONS TO WATCH	WORKBOOK	DATE COMPLETED
3	Module 0: Introduction Module 1: The Fundamental Strokes	Pages 2-6	
4	Module 2: The Lowercase Alphabet	Pages 7-9	
5	Module 3: The Uppercase Alphabet	Pages 10-15	
6	Module 4: Intro to Shading Module 5: The Shaded Lowercase Alphabet	Pages 16-22	
7	Module 6: The Shaded Uppercase Alphabet	Pages 23-27	

MONO & FAUX CALLIGRAPHY WORDS

WEEK	LESSONS TO WATCH	WORKBOOK	DATE COMPLETED
8	Module 1: Letter Connections Module 2: Writing & Shading Words	Pages 2-4 Pages 5-6	
9	Module 3: Writing & Shading Words - Practice	Pages 7-10	
10	Module 3: Extra Practice Words Workbook	Pages 2-6 Progress Picture	

BRUSH PEN CALLIGRAPHY

WEEK	LESSONS TO WATCH	WORKBOOK	DATE COMPLETED
11	Module 1: The Fundamentals	Pages 7-18	
12	Module 2: Brush Pen Control	Pages 19-26	

13	Module 3: Lowercase (Groups 1-3)	Pages 27-42
14	Module 3: Lowercase (Groups 4-5) Module 4: Troubleshooting	Pages 43-59
15	Module 5: Letter Connections	Pages 60-69
16	Module 6: Capital Alphabet	Pages 70-85
17	Module 7: Numbers & Punctuation	Pages 86-91
18	Review previous lessons as needed	Progress Picture

POINTED PEN CALLIGRAPHY

WEEK	LESSONS TO WATCH	WORKBOOK	DATE COMPLETED
19	Module 1: Intro & Supplies Module 2: The Fundamentals	Pages 5-10	
20	Module 3: Miniscule Alphabet (Groups 1 and 2)	Pages 12-15	
21	Module 3: Miniscule Alphabet (Groups 3, 4, and 5)	Pages 16-22	
22	Module 4: Letter Connections	Pages 24-30	
23	Module 5: Majuscule Fundamentals	Pages 32-37	
24	Module 6: Majuscule Alphabet (Groups 1, 2, 3)	Pages 39-47	
25	Module 6: Majuscule Alphabet (Groups 4, 5, 6)	Pages 48-52	
26	Optional bonus lessons Review previous modules as needed	Progress Picture	

LETTER VARIATIONS

WEEK	LESSONS TO WATCH	WORKBOOK	DATE COMPLETED
27	Introduction Module	Lowercase Workbook	
28	Capital Workbook Overview Videos of Capital Letters (optional)	Capital Workbook	
29	Review previous lessons as needed	Progress Picture	

BOUNCE LETTERING

WEEK	LESSONS TO WATCH	WORKBOOK	DATE COMPLETED
30	Module 1: Introduction Module 2: How to Bounce Each Letter	Before Piece Pages 1-10	
31	Review Module 2 Videos as needed	Practice Words	
32	Bonus: Bounce lettering tool (optional)	Practice Words Progress Picture	

FLOURISHING

WEEK	LESSONS TO WATCH	WORKBOOK	DATE COMPLETED
33	Module 0. Introduction to Flourishing Module 1. Drills	Pages 1-5	
34	Module 2. Base Flourishes: Stem Loops	Pages 6-19	
35	Module 3. Base Flourishes: Middle, End, t's	Pages 20-43	
36	Module 4. Base Flourish Review & Examples	Pages 44-47	
37	Module 5. Complex Flourishes: Loops & Cusps	Pages 48-58	
38	Module 6. Complex Flourishes: Extending the Endpoint	Pages 59-68	
39	Module 7. Complex Flourish Review & Examples	Pages 69-74	
40	Module 8. Composition	Pages 75-83	
41	Optional bonus lessons Review previous modules as needed	Progress Picture	

LAYOUT & COMPOSITION

WEEK	LESSONS TO WATCH	WORKBOOK	DATE COMPLETED
42	Introduction Module The 7 Elements of Design	Before Piece Exercises 1-3	
43	Principles: Balance, Contrast, Emphasis	Exercises 4-6	
44	Principles: Movement, Repetition, Unity	Exercise 7-10	
45	Creating a Composition from Start to Finish	Drafting Flowchart	
46	Bonus tips Review previous modules as needed	Progress Picture	

DISCOVER YOUR UNIQUE STYLE

WEEK	LESSONS TO WATCH	WORKBOOK	DATE COMPLETED
47	Module 1: Starting Your Style Journey Module 2: Tech Trainings (Optional)	Pages 1-5	
48	Module 3: Inspiration Collection Process Module 4: Self-Discovery Exercise	Pages 6-10	
49	Module 5: Style Characteristic Exploration Module 6: Style Characterization	Pages 11-41	
50	Module 7: Analysis Lessons 1-4	Pages 42-56	
51	Module 7: Analysis Lessons 5-8	Pages 57-75	
52	Module 8: Create Your Signature Style Guide	Pages 76-81	
53	Module 9: Inspiration vs. Copying Module 10: Continue Growing	Pages 82-86 Progress Picture	