My fastest longhand writing speed in “shorthand wpm” (number of letters per minute x 1½) is:

I aim to reach and surpass that speed in shorthand by practising the outlines:

- Perfectly
- Boldly
- Tirelessly
- Dependably
- CHEerfully
- Judiciously
- Carefully
- eaGerly
- QUickly
- sanGUinely
- Hawk-like & Happily
- Wisely
- everyWHere
- Usefully
- Legibly
- WiLLingly
- unERRingly
- RApidly
- Flowingly
- Voraciously
- THoughtfully
- smooTHly
- aSSiduously
- Zealously
- SHarply
- pleaSurably
- Meticurably
- aMBitiously
- Neatly
- unhesitatINGly

I’m having a WHaLe of a time!

Speed attainment dates:

| 20 | 60 | 100 |
| 30 | 70 | 110 |
| 40 | 80 | 120 |
| 50 | 90 | 130 |
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I’m having a WHaLe of a time!