Very lightly, sketch out two parallel lines across center of page to indicate center of head

The height of the parallel lines determines the diameter of the circle of the iris, and visualize two irises fitting side by side to section off both eyes and space between the eyes…
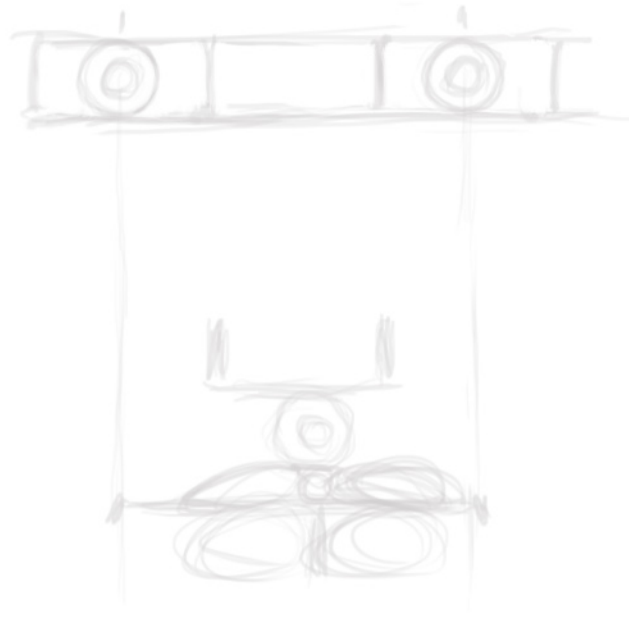
Carefully draw two circles same location in each rectangle. If looking straight ahead, centered, if looking off to the left, the same each distance from the left side of the rectangle and so forth.
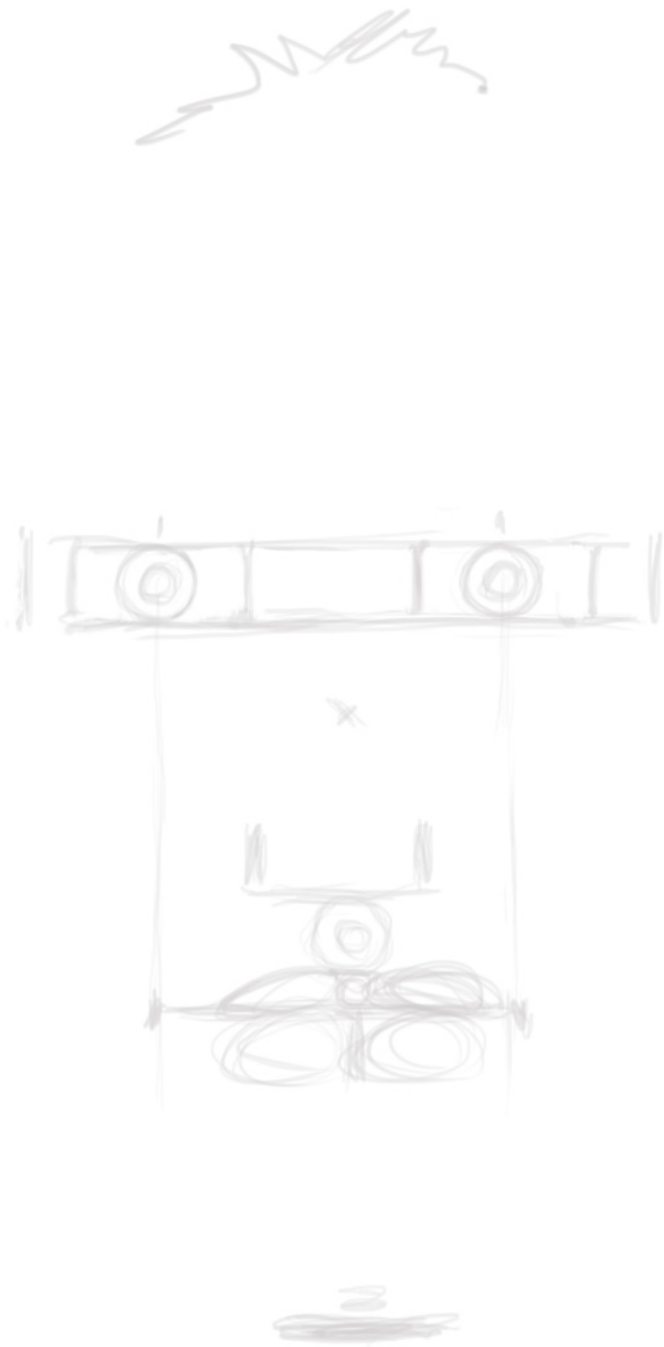
Place round pupils in iris, looking at reference for size, measure from pupil to pupil (or in essence center of each rectangle) and that distance from the top of the eye box down gives the placement of the bottom of the nose. The distance between the eyes, or one eye length is the width of the nostril rectangle

One iris height down from base of nose is where top of lips are located, draw the line of the mouth across, the corners of the mouth line up with center of eye rectangle boxes or from "pupil to pupil" Then, lightly sketch circle and cigar shapes that will help form the lips drawing over it.

Length of the mouth from mid mouth down locates the base of the chin. Locate temples and indicate, and from temple to temple from bottom of chin should find the bridge of nose, and then from bridge of nose same length indicate where the hairline will be…

Now draw lids of the eyes going over the ball of the eye. Note where the go across in relation to the pupil. Pay attention to the shapes of the whites of the eyes.
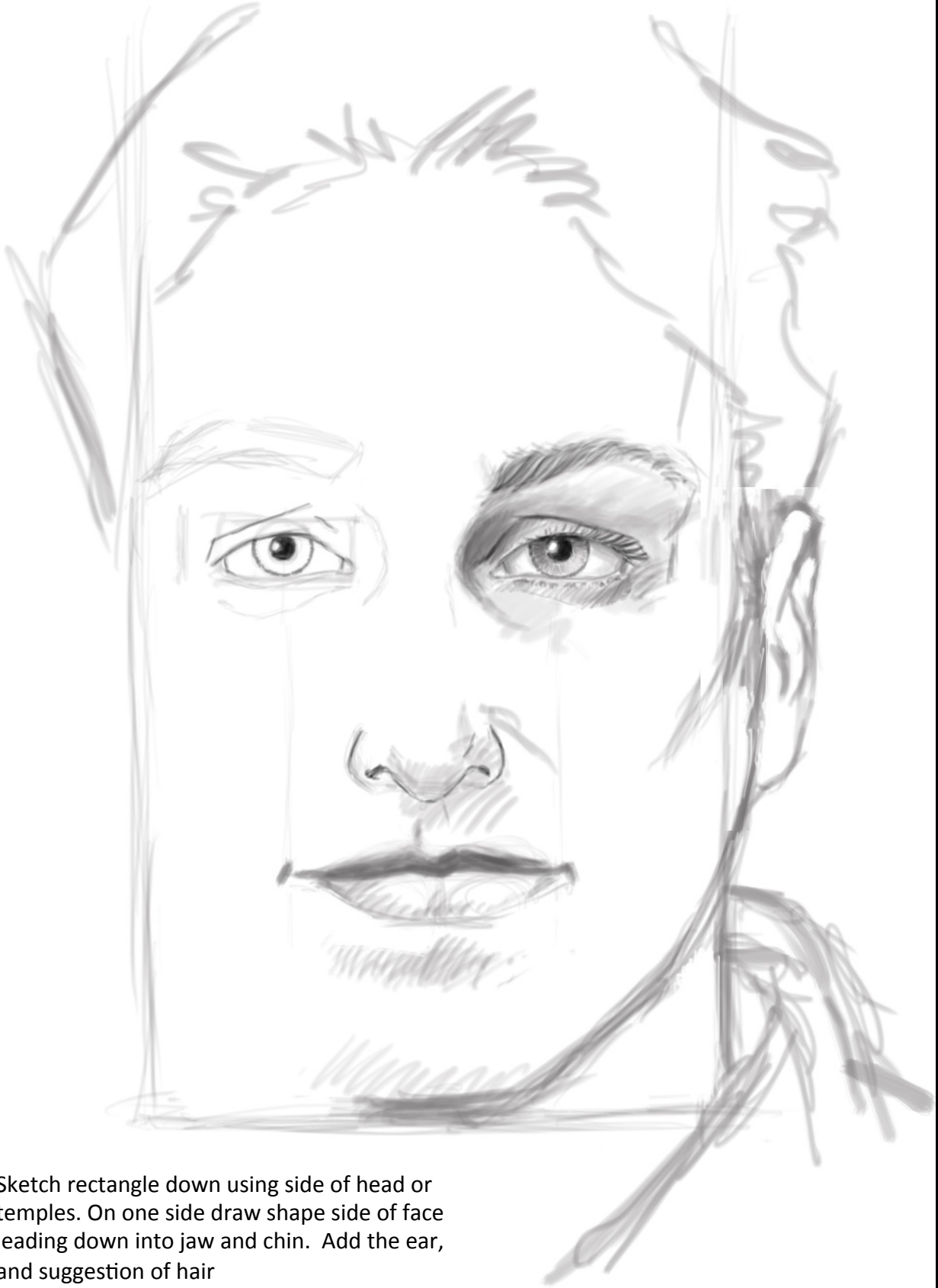
…loosely sketch where eyebrows go, you can adjust later; sketch the nostrils and tip of now; and draw the line of the mouth, and shape of lips over your sketched ovals.
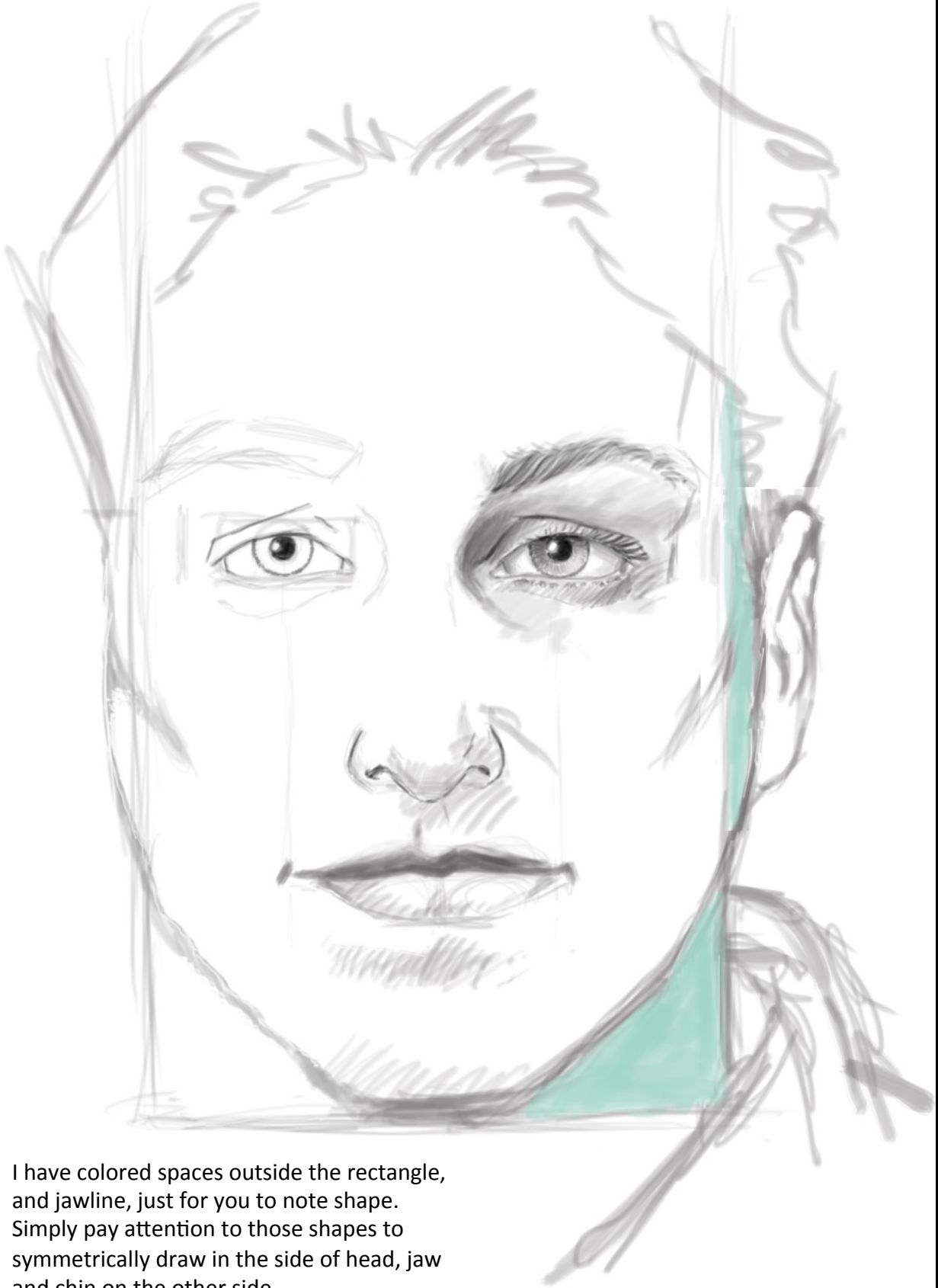
Now darken in pupils, note any glare or suggest one, for each pupil. This suggests where light will be coming from. Draw lashes, and eye brows, both sides. Begin to render shading on nose and lips. Upper lip is darker. (I am completing only one half size so you can compare.
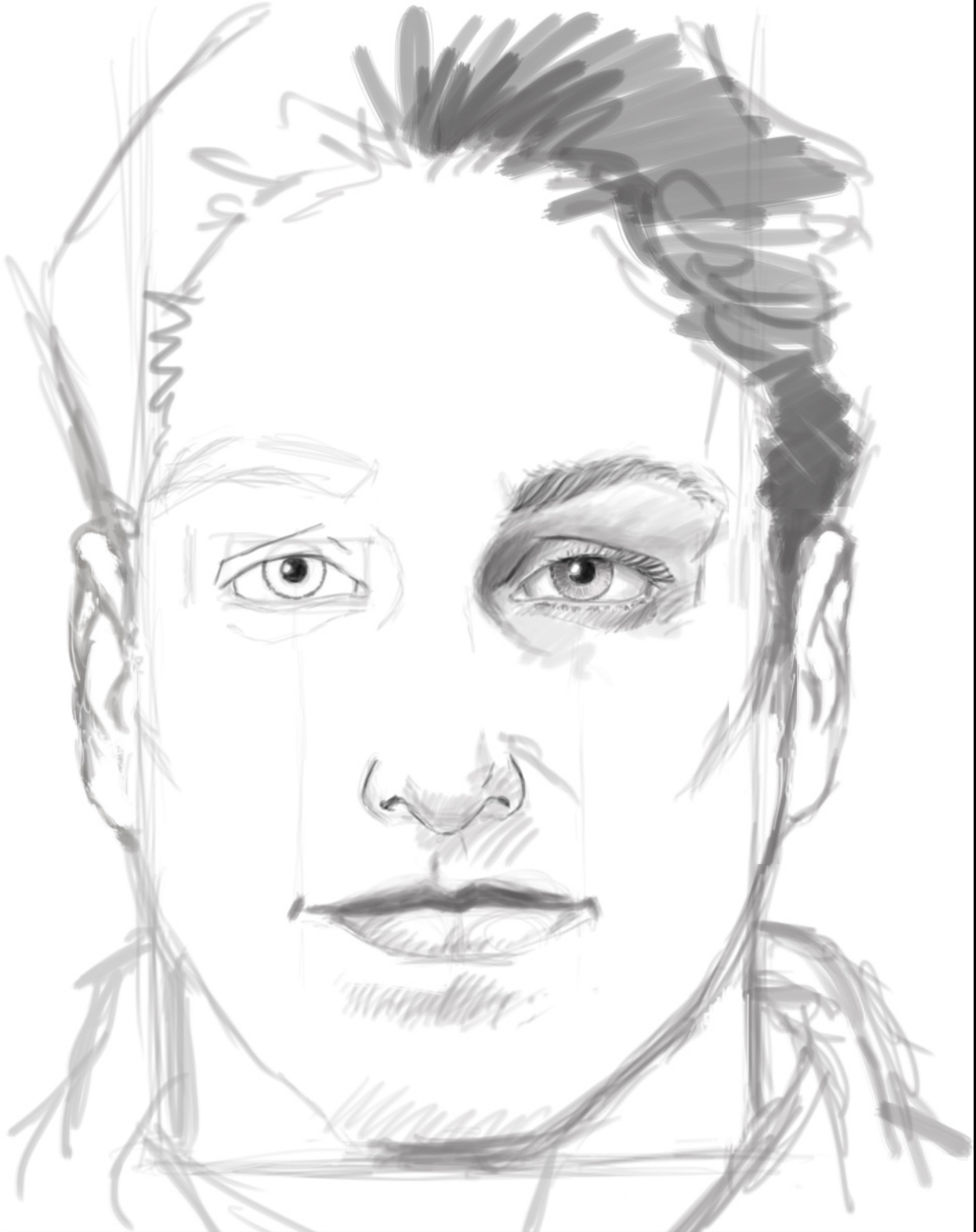
Sketch rectangle down using side of head or temples. On one side draw shape side of face leading down into jaw and chin. Add the ear, and suggestion of hair

I have colored spaces outside the rectangle,
and jawline, just for you to note shape.
Simply pay attention to those shapes to
symmetrically draw in the side of head, jaw
and chin on the other side.

Complete the drawing, and finish rendering to your liking. Again, I only "started" one side for the sake of comparison.