This tutorial gives an overview of creating DXF files using text in Inkscape.

When opening Inkscape, you may see a window like the following:

You can zoom in further by selecting the magnifying glass indicated by the red circle. Once the hourglass is selected hold and drag the mouse on the window to zoom in.

Next, select the text icon to write text onto the window.

Here, I used a Japanese Input Method Editor (IME) to type this text. You can also write in other languages by selecting the appropriate IME on your computer.
Next, we shall manipulate the text in order to display it as outlined text. First, we shall select the arrow tool in the left side bar and then select our text with the arrow tool.

Next, click on either Fill or Stroke in the bottom left hand corner of the screen. You should now see the Fill and Stroke window on your right hand side. Make sure to have the Stroke Paint tab selected in this window.

By default, the ‘X’ icon is selected that is available right below the Stroke Paint tab. This means that no stroke is selected for the text. Select the solid grey rectangle in order to enable stroke colors. Afterwards, choose the red color for your stroke.

Now, we have text with a red outline. Moving on from here, we shall change the fill to none. This can be done by clicking on the Fill tab in the Fill and Stroke window and selected the ‘X’ icon underneath or selecting ‘X’ from the Fill area in the lower left corner of the screen.

We now have outline text but the line width is a bit thick. Let’s change this now. From the Fill and Stroke window, select the Stroke Style tab. Then, reduce the value in the Width area to increase the space within the outline of the text.
Now, we have outline text with an appropriate amount of line spacing. The last step is converting our text into a path in order to print it with the laser printer. In order to do this, while the text is still selected by the arrow tool, select Path->Object to Path in the upper menu bar. The text will look the same, but it will now be printable by the laser printer.

You now have outline text that is now in a printable form. From here, you may want to now modify the text further depending on how you are trying to cut the text with the laser. In this example, I wish to have the characters cut out from cardboard, leaving empty space where the characters used to be. In order to accomplish this, I need to create a border around my text. I use the Bezier curve and straight line tool found in the left-hand toolbar to accomplish this. While using the tool, I hold down the Control key to make straight lines.
Now that I have the border, the inside characters will be removed from the cardboard.

The only problem that remains is that in the case of the area in the text circled in the above picture, the inside pieces will come out in addition to the outline. You will need to consider this in your outline and modify the text as appropriate to overcome this issue.