01 / MAKE A LITTLE SPACE

A little more reading

A 10-minute ritual. A few honest notes. A week to make it your own.

YOUR FIRST TEN MINUTES

1 minute	Put your phone aside and open a book you want to read.
8 minutes	Read at your own pace. A page count is optional.
1 minute	Jot down one thing you want to remember.

THE BOOK I WANT TO SPEND TIME WITH

MY READING CUE

After _____, I will read at _____.

WHAT WOULD MAKE THIS FEEL INVITING?

Choose one small thing: a quiet chair, a warm drink, a bookmark, a softer light.

MY MINIMUM ON A BUSY DAY

Example: open the book and read one paragraph. Keep your own minimum small.

Missed a day? Return to one small session. There is no catching up.

Print at actual size, or type in the fields and save a copy in a PDF form reader.

02 / KEEP WHAT STAYS

One reading moment



Use this after a chapter, a short session, or a finished book. No full review needed.

BOOK / AUTHOR

Date: _____ Pages or chapter: _____

WHAT HAPPENED - IN MY OWN WORDS?

WHAT DID I NOTICE, FEEL, OR QUESTION?

Example: “I felt hopeful when the character finally asked for help.”

ONE DETAIL I WANT TO REMEMBER

A character choice, an image, an idea, or a connection to my own life.

A QUESTION TO TAKE INTO THE NEXT SESSION



03 / FIND YOUR RHYTHM

Seven small sessions

Start on any day. Track what helps you return, rather than how fast you finish.

Week of: _____ My reading cue: _____

DAY / DATE	WHAT I READ	ONE WORD ABOUT IT
1 /		
2 /		
3 /		
4 /		
5 /		
6 /		
7 /		

WHAT MADE READING EASIER THIS WEEK?

ONE THING I WILL KEEP OR CHANGE NEXT WEEK