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Create a Plan to Build a Consistent Reading Habit

Few skills have a greater impact on your chances of success than the ability to read.

Reading opens the door to learning new things and mastering new skills—often the first step toward achieving greatness in any area.

To develop strong reading skills, the solution is simple: you need to read—and read often.

Reading regularly isn't always easy—it requires discipline and focus to establish and maintain this habit.

In 150 words or more, describe your plan to build the discipline and focus required to make reading a consistent habit in your life.

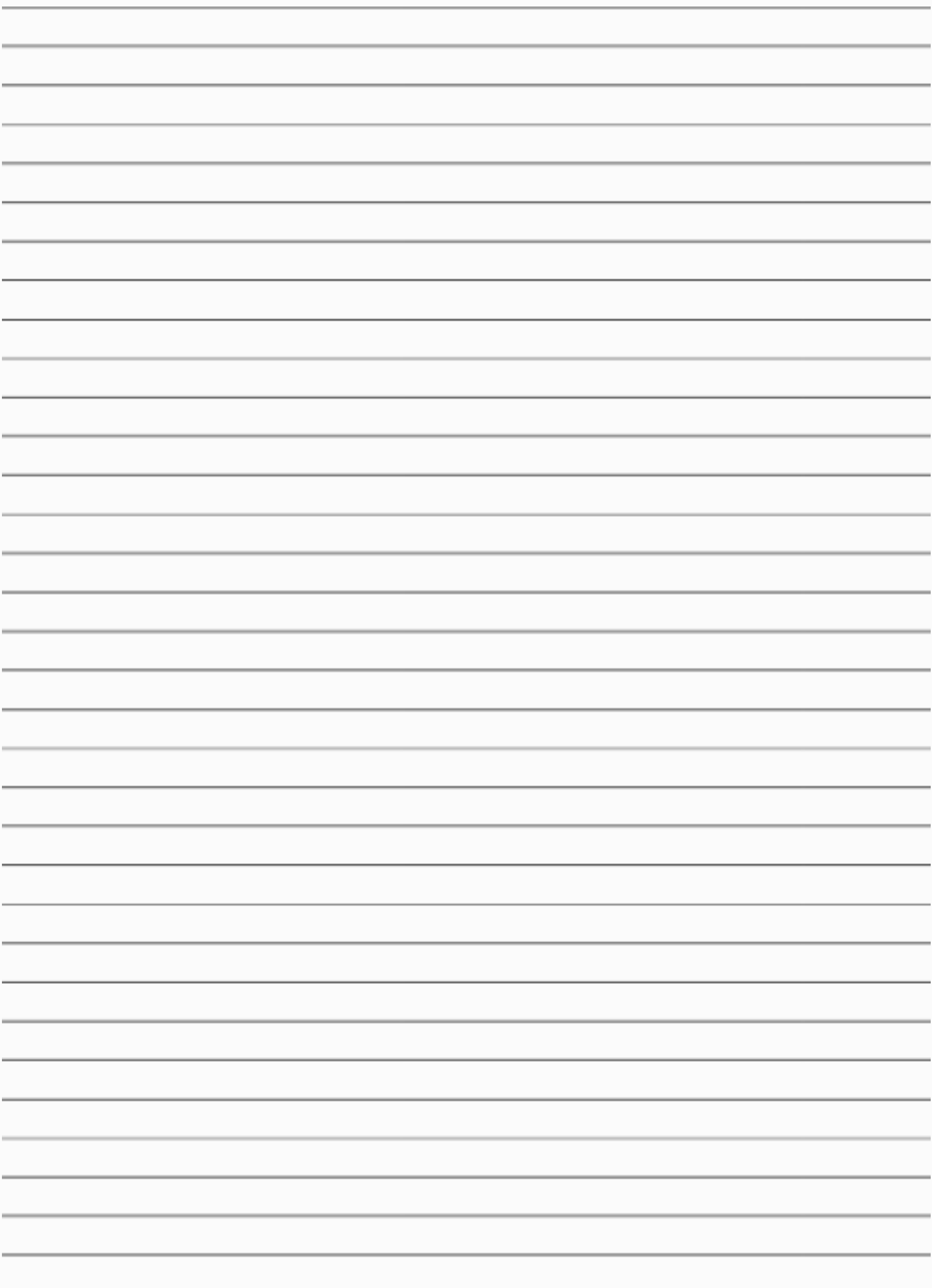
Consider the strategies you'll use to stay committed. Will you set aside a specific time each day dedicated solely to reading? Perhaps you'll create a quiet, distraction-free space to help you concentrate. You might also track your progress by keeping a journal of what you've read or setting achievable goals, like finishing a chapter or a set number of pages each day.

Think about how you'll overcome challenges. Will you minimize distractions by putting away your phone or turning off notifications? Could you pair your reading habit with another routine, such as reading before bed or during your morning commute? Will you commit to focusing when reading texts in class?

Share your approach and how you plan to stay motivated, even when it feels difficult. The goal is to make reading a natural and rewarding part of your life.

So once again, here is your task:

In 150 words or more, describe your plan to build the discipline and focus required to make reading a consistent habit in your life.



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