

Joy of Reading

1. List 3 books you would be interested in reading over the next 6 months

A. _____

B. _____

C. _____

2. List 3 things about those books that get you excited about reading

Ex: you love sports or novels that have been made into movies.

A. _____

B. _____

C. _____

3. How will you set aside time for your reading?

4. Come up with ideas that will hold you accountable.
Ex: tell your family or announce it on social media.
#healthmindsoullife is a great place to start.
