Make the Most of
Every Read!

Reading is a wonderful tool for personal growth. Whether you want to improve your health, learn a new skill, master your finances or even master your mind — there's a book for that. Use these tips to get the most out of every book you read!

Make it Cozy

Identify a place in your home with few distractions and ample light so you can enjoy your books.

1 Create a Reading Nook

Pick your favorite spot and pile up the pillows and blankets onto a comfy chair to help you settle in for your great read.

2 Keep Pen and Paper Close

To truly absorb what you're reading, take notes. Keep the supplies close by so you won't have to wander off to find them and potentially get distracted from your book.

3 Choose a Cozy Beverage

Consider theming your beverage to your book! Look up recipes that will keep you focused or liven up your day.

Make it Productive

According to Master Motivator Brian Buffini, it takes 90-days to truly absorb a book. Here's how to get started!

1 Schedule Time to Read

Be sure to read at times where you are focused and attentive on the material. Remember to take notes and mark interesting pages!

2 Re-Read your Notes

After finishing the book, re-read your notes and marked off pages with a new set of eyes. Write down major takeaways so that you truly learn the material.

3 Practice New Habits

Develop action steps from your takeaways that incorporate into your daily routines. This is how you will get closer to reaching your goals, whether you're developing a budget, starting a fitness journey or just eliminating negative thoughts.

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