

# My READ WHAT I NEED list



Hide distractions to find **YOUR FOCUS**

**GET READY** - take a few breaths, have a stretch or go for a short walk

**SOCIALISE** - chat about books, read together, recommend top reads, or join a book club!

**CHOOSE**  
READING THAT  
MATCHES YOUR MOOD -  
FILL IN THIS TABLE TO  
CREATE A 'READ WHAT  
YOU NEED' LIST WITH  
FRIENDS OR BY  
YOURSELF

LOW ENERGY	OPEN TO LEARNING	WANT TO READ	COMFORT READING
1			
2			
3			
4			
5			
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5

**CREATE YOUR OWN CATEGORIES** - why not have a go at making your own book list categories?