

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?