YOUR PERSONAL ACTION BOOK

Read More, Remember More

Build a daily reading habit — and make it stick.

Generated Jul 21, 2026 · 90-day horizon

THE BIG PICTURE

Your 90 days at a glance

Every goal and its checkpoints on one timeline — so you can see how the next 90 days fit together, not as separate plans.

DAY 30 **Learning.** Read at least 10 minutes a day for two weeks straight

Learning. Used active recall in every study session for two weeks

DAY 60 **Learning.** Finished my first book of the plan

Learning. Applied something I learned in a real situation

DAY 90 **Learning.** Reading daily feels automatic and I've finished a few books

Learning. Can recall and use the core material without notes

> MID-POINT CHECK-IN · AROUND DAY 45
>
> Halfway through, take five minutes and answer these honestly:
>
> 1. **What's actually working?** Do more of it.
> 2. **What's not?** Shrink it until it's easy, or drop it.
> 3. **What's the one thing** you'll fix for the second half?

LEARNING

Build a real reading habit

Read a little every day so books become a daily habit, not a someday wish.

THE CHALLENGE

I want to read more but never do

WHY IT MATTERS

A steady reading habit quietly compounds into knowledge and perspective.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Read at least 10 minutes a day for two weeks straight.
Month 2–3	Turn the routine into a result you can point to, working toward: Reading daily feels automatic and I've finished a few books.

MILESTONES

- **DAY 30** Read at least 10 minutes a day for two weeks straight
- **DAY 60** Finished my first book of the plan
- **DAY 90** Reading daily feels automatic and I've finished a few books

KEYSTONE HABITS

Daily reading slot

Right before bed, I will read at least 10 minutes.

Book over phone

When I reach for my phone out of boredom, I will pick up my book instead.

YOUR FIRST ACTIONS

- [ ] **Keep a book within reach**
  Leave a book where you'd normally grab your phone — nightstand, bag, couch.
- [ ] **Anchor reading to a daily cue**
  Attach 10 minutes of reading to something you already do every day.

- [ ] **Quit books you don't love**
  Drop a book that isn't working so a stall doesn't end the habit.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Daily reading slot

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Book over phone

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IF-THEN PLAN

When I reach for my phone**, then** I pick up the book that's sitting right next to me instead.

When I think I have no time**, then** I read just one page to keep the streak alive.

When I stall on a book**, then** I abandon it and start one that pulls me in.

LEARNING

Make what I learn actually stick

Use active recall and real application so knowledge lasts and gets used.

THE CHALLENGE

I learn things but don't remember or use them

WHY IT MATTERS

Retrieval and use are what move learning from forgotten to fluent.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Used active recall in every study session for two weeks.
Month 2–3	Turn the routine into a result you can point to, working toward: Can recall and use the core material without notes.

MILESTONES

- DAY 30 — Used active recall in every study session for two weeks
- DAY 60 — Applied something I learned in a real situation
- DAY 90 — Can recall and use the core material without notes

KEYSTONE HABITS

Active recall

After each learning session, I will close the material and write what I remember.

Teach it back

When I learn something useful, I will explain it in my own words to someone or in writing.

YOUR FIRST ACTIONS

- [ ] **Replace re-reading with testing**
  Quiz yourself from memory instead of reviewing notes passively.
- [ ] **Space your reviews**
  Revisit material after a day, then a few days, then a week.

- [ ] **Apply it once for real**
  Use each new concept in an actual task or project.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Active recall

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Teach it back

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IF-THEN PLAN

When I catch myself just reading**, then** I stop and write what I remember from memory.

When it's starting to fade**, then** I do a quick spaced review before it disappears.

When I haven't applied it**, then** I find one real place to use it this week.