



## 2. Reading Ritual

1. Tomorrow's Book

2. Trigger

-Action  
-Place  
-Time

1. When Will You Take  
Out The Book?

2. What's The Trigger?

3. Routine

-How Long?

3. How Long Will You Read?

4. What's The Reward?

4. Reward

-Immediate  
-Long-Term

Start  
Your  
Ritual  
Tracker  
Sheet