Giacomo Peli

Reading policy

Aim

This paper aims to give me stakes and guidelines so that I can improve my reading experience and my knowledge of literature always keeping in mind that it should be a pleasure and never a compulsion; moreover, it aims to make reading always become a stronger habit.

Minimum goals

1. Read every day;

2. Read at least 20^1 pages a day.

It may seem like *sentence one* is contained in *sentence two* (indeed, on a logical level it is), but disentangling them from each other helps me psychologically. For example, "Read twenty pages" is very different from "Read, twenty pages is your goal." In fact this must incentives me to read every day, reading twenty pages or more has never turned out to be a problem for me, it happens, however, that I don't read for a few days.

Strategy

The following will list the ways I need to read.

When

- When you have a few minutes you have nothing to do, read;

- Read in the morning or afternoon because when you go to bed you will be too tired. Nevertheless, some pages can be read even before bedtime;

How

- If you are at home, always store your smartphone near your book and vice versa;

- Keep a copy of the book you're reading on your ebook reader;

- Keep a copy of the book you're reading on your smartphone;

- Whenever possible, take book you are reading with you, even away from home;

- When you read put your phone in *do not disturb* mode or *read* mode.

Where

- Reading outdoors is always good, carve out days to read at some park.

---

[1]This number can be increased in future. Now it can set a good minimum goal. I can still read more than twenty pages in a day.