



READ FOR SUCCESS - DAY 5

👉 Today's ASSIGNMENT :

Read 15 mins, use speed reading concepts which we discussed

Step 1 : Preview process (4 mins)

Step 2 : CAPTURE GROUP OF WORDS (DAY4 topic)

- (a) Pickup simple non-fiction book.
- (b) Consider reading groups of words, two to three at a time; you may use a metaguide (pen/finger) to assist you in reading the page.
- (c) Make sure you don't spend more than one or seconds in each line.
- (d) Mainly Focus on speed rather than comprehension; even if you understand 15% to 25% of everything you read, you should be fine.
- (e) Additionally, you can assume that you are engaging in some speed practise rather than reading books, which will minimize your expectations and allow you to concentrate on speed.
- (f) Read 50 pages or 20 mins today

Step 3 : Once you've achieved your target reading speed, use the 80/20 rule and other concepts we covered to rapidly collect information from the book.

Suggestion to Read a book : 80/20 rule by Richard Koch

Step 4 : Read Affirmation before going to bed

Step 5: Write down 10 to 15 key takeaway from the book and create visualization using SIPCAFEE

1. Practice FOCUS Exercise ()

- DAY 1st & 2nd : 60 to 0
- DAY 3rd & 4th : 120 to 0
- DAY 5th & 6th : 180 to 0
- DAY 7th & 8th : 240 to 0
- DAY 9th & 10th : 300 to 0
- DAY 11th & 12th : 360 to 0
- DAY 13th & 14th : 420 to 0
- DAY 15th & 16th : 480 to 0
- DAY 17th & 18th : 540 to 0
- DAY 19th & 20th : 600 to 0
- DAY **21st & 22nd : 660 to 0**
- DAY 23rd & 24th : 720 to 0
- DAY 25th Day : 900 to 0 (15 minutes)

FAQ :

FAQ - DAY1

<https://meetmanjunath.com/faq-day1>

FAQ = DAY2

<https://meetmanjunath.com/faq-day2>

FAQ = DAY3

<https://meetmanjunath.com/faq-day3>

FAQ = DAY4

<https://meetmanjunath.com/faq-day4>

