



How to...



**READY
TO READ**

Approximately 3 million
new books are published
in the US each year.

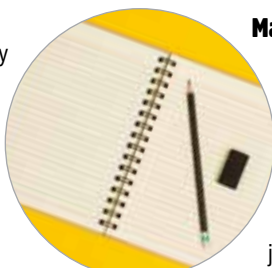
Start a reading journal

Explore your thoughts and ideas about books with this easy activity.

A reading journal is a great way to keep track of books you might like to read, express your opinions about stories you have read, and look back on how your reading interests have evolved. Your personal reading journal can be anything you would like it to be—no one is grading it! Another reason to keep a journal: Research suggests that it helps you reduce stress and connect with your creative side. Here's how you can get started.

Pick a journal

You might like a lined notebook that is easy to carry around in a backpack, or maybe you'd prefer an art sketchbook with blank pages if you think you might like to doodle in your journal. It's helpful if your journal has a spiral binding so it stays open easily as you write. A notebook you've already written in can also work. Just rip out the used pages before you begin.



**You can start
with a notebook.**

Divide your journal by section

One idea for organizing your journal is to use the front and the back of the journal for different purposes. You could dedicate the front of the journal to short reviews of books you're currently reading. Include what you liked or didn't like about the plot,

characters, and writing. Then use the back of the journal to start a list of books you would like to read.

Create entries

The only rule of journaling is there truly are no rules! In addition to book reviews and a list of books to read, you might want to write down your favorite sentences from a book as you read it. If you like, draw what you imagine the book's characters or settings to look like.

Make it a habit

Many benefits of journaling are gained by doing it on a regular basis. Some people choose to make writing in their journal a part of their daily routine, by doing it after school or before bedtime. Try to make entries—even short ones—in your journal at least three times a week.

Reflect on your reading

After you have created a few journal entries, look for patterns in your reading habits. You might notice that you prefer a certain book genre, like fantasy novels, sports biographies, or historical fiction. Whatever you discover can help you decide what kind of book you might like to read next or inspire you to try something completely new.

Arrange your books



You can organize your books on a shelf any way you like! Here are a few ideas for inspiration.

Color coded You might enjoy the pleasing pop of books sorted into groups by color. This is one creative way to personalize your shelves.

Alphabetically You can arrange your books on a shelf alphabetically according to the author's last name. This makes it easier to find a book by a favorite writer later.

By genre Your library has sections for mysteries, history, and more. If you have a lot of books, you can organize them into sections at home, too!