The Simple System I Use to Read More in English

KRISTIAN DE GROOT

5 Steps to Start Reading More Books and Articles

Reading in English to prepare for your Cambridge exam is essential, fun and rewarding. It's also relatively easy. You simply have to make time to do it.

The problem for most people is that they cannot find the time, because there are many other things they need to do. Some of these things are important, but other activities are not so important.

Do you recognise this problem? Don't worry, I'm here to help you.

What you need is a strategy that would allow you to read without letting typical distractions (social media, YouTube, notifications) get in your way.

I know that's easier said than done, but with some help I'm sure you can do it. To get started, you'll find on the next page the simple checklist I used to start reading more books and articles in order to prepare for my exams:

1. **Select a time to read every day.**

   I suggest you block some time on your calendar app every day of the week. It doesn't matter when, but the important thing is to read at the same time every day.

2. **Choose a minute goal.**

   You can create your own target: 10 minutes, 20 minutes, or even longer. Just make sure that the goal is easy enough that you can't say no, but big enough for you to feel like you're making progress.

3. **Find a book or article right now.**

   You can use a search engine, ask a friend, or ask us for a reading tip. If you wait until tomorrow, you won't start. Remember to choose something that suits your (language) level and personal taste. Only then will your reading experience be fun and rewarding.

4. **Find a comfortable place to read.**

   A comfortable place at home. Or a quiet place outside. But make sure you're away from distraction. I suggest you read every day in the same place. The more consistency, the better.

5. **Set a reminder.**

   Use the calendar app from the first step. Keep it simple.

That's all. Take these five simple steps and you'll be on your way to success!