



Page Turner Challenge

Motivate daily reading of at least 5 pages to develop a reading habit and expand your knowledge

CHALLENGE DESCRIPTION:

Begin the Page Turner Reading Challenge and transform the way you read! Whether you're a complete bookworm or just beginning to explore the world of literature, reading offers numerous benefits for your mental health. It's a powerful escape that can alleviate the stress of daily life, transporting you to different realms, introducing you to new ideas, and immersing you in the lives of compelling characters.

Studies have demonstrated that regular reading **enhances focus and concentration**, enriching your cognitive abilities and **strengthening your brain**. This can help to **prevent age-related cognitive decline**. Reading also fosters community and connection. It's a shared journey that can bring you closer to people you know or act as a link for new friendships, especially within the discussions of a book club.

To develop a lasting reading habit, the Page Turner Challenge encourages you to read just five pages each day for one week. This simple approach is designed to seamlessly integrate reading into your routine, setting the foundation for a lifelong love of books. This challenge is about creating a new passion for reading and empowering you to take charge of your personal growth. Grab a book and get started!

TIPS FOR COMPLETING THE CHALLENGE

- Start with a book you are excited about! Make reading fun and enjoyable rather than a chore.
- Take the challenge with a friend. It can help you to stay accountable and allow you to discuss what is happening in the book.
- Set a specific time to read every day so you keep to your schedule. This might be right before bed or while you're having a cup of coffee in the morning.
- Celebrate your accomplishments! Perhaps there is another book you are interested in reading once you complete your current one.

PAGE TURNER

The challenge

DAY 1
5 Pages

DAY 2
5 Pages

DAY 3
5 Pages

DAY 4
5 Pages

DAY 5
5 Pages

DAY 6
5 Pages

DAY 7
5 Pages

CHALLENGE COMPLETE!

To challenge yourself further and continue to build positive reading habits, there are several ways you can continue the challenge.

1. Continue your 5 pages a day challenge for another week.
2. Up your amount of reading and challenge yourself to read 10 pages per day.
3. Increase the number of pages you read each day. You may choose to follow the increased reading example below.
4. Give yourself a goal for the book you are reading. If it is 300 pages, choose how many days you would like to finish it in and read that many pages per day (ie. # of pages in book / number of days).
5. Commit to a certain number of books that you would like to read in a month or a year.

Increased reading example

DAY 1
10 Pages

DAY 2
15 Pages

DAY 3
20 Pages

DAY 4
25 Pages

DAY 5
30 Pages

DAY 6
35 Pages

DAY 7
40 Pages

Keep up the good work!



Congratulations on completing the **Page Turner** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

