

## - Reading

# Motivating yourself to read more

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YOU know the benefits of reading: better vocabulary, improved general knowledge, greater focus, and by extension you also learn to write more fluently. However, if you didn't grow up reading, cultivating the habit takes a bit of planning. Here's how to get started.

**Read stuff that you like**

It's common sense: if reading equals work, then you're more likely to goof off and do something else. Read whatever suits your taste by making it a pleasure. If you don't know what you like, go to a bookshop or a library and flip through books from different genres.

**Always have a book with you**

There are all sorts of blank spaces in your day when you can soak up a page or two. Like when you're waiting for a bus, having a coffee alone or if you're five minutes early for a class. If you've got your read handy, you'll be amazed how those minutes add up.

**Tip:** avoid reading on your phone as you will be tempted to fiddle with TikTok, Instagram and WhatsApp. A paperback is best.

**Find an ideal reading spot**

A hobby reader picks up a book and walks into another world. However, if that's not you, it's sometimes easier to read when you're in a conducive atmosphere.

A good book shop will have a reading corner. If there isn't one near you, think of a place where you can relax. By the lake maybe? A park? Your favourite cafe? Wherever it is, go and spend an hour there and read.