21 DAYS · 10 MINUTES · START ANY DAY

Cozy Reading Challenge

HARDER

Ten minutes with a book, every day, for three weeks. We start Dec 1 and finish on the longest night.

HOW IT WORKS

1. Read for 10 minutes (or one page).
2. Do today's cosy step if you like.
3. Colour a circle. Both count the same.

MY BOOK _____

START DATE _____

MY READING SPOT _____

SETTLE IN

1
DAY 1

Pick one book and put it where you'll see it

○ 10 MIN
○ 1 PAGE

2
DAY 2

Make a reading corner: blanket, lamp

○ 10 MIN
○ 1 PAGE

3
DAY 3

Read with a hot drink

○ 10 MIN
○ 1 PAGE

GO DEEPER

4
DAY 4

Read before you check your phone

○ 10 MIN
○ 1 PAGE

5
DAY 5

Read by lamplight only

○ 10 MIN
○ 1 PAGE

6
DAY 6

Copy one sentence you love

○ 10 MIN
○ 1 PAGE

FINISH COSY

7
DAY 7

Week 1 done: count your pages

○ 10 MIN
○ 1 PAGE

8
DAY 8

Read somewhere new

○ 10 MIN
○ 1 PAGE

9
DAY 9

10 minutes before bed, no screens

○ 10 MIN
○ 1 PAGE

10
DAY 10

Read aloud, to someone or yourself

○ 10 MIN
○ 1 PAGE

11
DAY 11

Phone in another room

○ 10 MIN
○ 1 PAGE

12
DAY 12

Read a poem

○ 10 MIN
○ 1 PAGE

13
DAY 13

Tell someone about your book

○ 10 MIN
○ 1 PAGE

14
DAY 14

Two weeks: reread your favourite line

○ 10 MIN
○ 1 PAGE

15
DAY 15

Read in a café or library

○ 10 MIN
○ 1 PAGE

16
DAY 16

Listen to an audiobook on a walk

○ 10 MIN
○ 1 PAGE

17
DAY 17

Read by candlelight (safely)

○ 10 MIN
○ 1 PAGE

18
DAY 18

Write 3 lines on how it's going

○ 10 MIN
○ 1 PAGE

19
DAY 19

Choose your next book

○ 10 MIN
○ 1 PAGE

20
DAY 20

Read a little longer tonight

○ 10 MIN
○ 1 PAGE

21
DAY 21

The longest night: read until you're sleepy

○ 10 MIN
○ 1 PAGE

Both circles count the same: one page on a busy night is a finished day. Missed one? Read today, don't double up. Miss once, never twice.

Books, Pages & Lines

HARDER

Every book you open in these 21 days, and the lines you want to keep.

TITLE	AUTHOR	PAGES	STARTED	FINISHED	★

LINES I WANT TO KEEP

Pages in 21 days

Best book

What changed in my evenings