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

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

7
DAY 7
Week 1 done: count your pages
○ 10 MIN
○ 1 PAGE

GO DEEPER

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

FINISH COSY

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