

A simple reading routine

Reading for a short time every day can be easier than trying to read for a long time once a week. A simple routine can make reading feel more manageable and predictable.

Choose a comfortable time

Pick a time when you are not rushed. Ten to fifteen minutes is enough to begin. Stop before you become tired, even if you have not finished the page.

Make the page easier to follow

Use a bookmark or a plain sheet of paper to cover the lines below the one you are reading. This can reduce visual clutter and help your eyes stay on the current line.

Focus on understanding

You do not need to read every sentence quickly. Pause when a word is difficult. Read it again, look for familiar parts, and think about what would make sense in the sentence.

Finish with one small success

At the end, write down one thing you understood or one new word you learned. Small successes are easier to notice when you record them.

Remember: reading does not have to be fast to be successful.