

Unique Book Journal

This Time, It's Personal.

GROW
B  **X** **PERSONAL.**
PRACTICAL.
POWERFUL.

Getting the Most from Your Unique Book



This reading journal is for YOU! It is a simple, effective way to get the most from the book you are about to read. As a member of the GrowBox community you get a book that is unique to your desired area of growth. We want to help you develop in the areas that matter the most to you! This resource is designed as a companion to your unique book and is a powerful tool that will make a huge impact on your life. But like anything in life that is worthwhile, it is going to require hard work. The temptation is to skim through this (and the book) to complete a checklist, but shallow effort produces superficial results. You are here because you want to grow. So let this journal assist you in the process. Put in the time, set aside distractions, and give serious thought to your answers. We promise it will make all the difference in the world!

To begin with, you'll find a reading plan template on page 4. This has been designed to get you through the entire book in six weeks. Since everyone's unique book is... well... unique, the number of pages per week is going to be different for everyone. So we've included a simple formula to help you keep pace. It is designed to get you through the book in about 20 minutes per day. Plus, you'll want to set aside time each week after you complete the reading to answer the questions included in this reading journal.

You'll see that the reading plan is marked by weeks with a "complete by" space for you to insert a specific date, seven days from when you begin. So if you start reading on Wed May 17th, you'll write Wed May 24th in the blank. That's the date by which you need to have completed the reading section listed next to that week.

You've probably seen us quote Mortimer Adler from his book, *How to Read a Book*. He said, "full ownership of a book only comes when you have made it a part of yourself." This reading journal is designed to help you own the book you are about to read!

The best way to own a book is to ask questions. Each week you'll find a short list of questions that are designed to help you experience ownership of the book. The questions are the same for each week, but since they cover different sections of the book, your answers will vary. Plus, because you know the questions we will ask, you can think about them while you are reading and be more attentive to what the author is saying as you search for your reading journal answers. In other words, we are helping you engage with the author at a deeper level. The more you get in the habit of doing this, the better of a reader you will become.

Before we get to those, we want you to think about a couple overarching questions that you should ask of every book before you read it.

1. What do I hope to get from reading this book?

Have a goal (or a couple of them) in mind before you start. Set the expectation for the author(s). If they help you accomplish your goals, then the book was worthwhile!

2. What is the main theme of this book?

You should be able to briefly describe what the book is about. A really helpful exercise is to write down in less than 3 sentences what you think the book's main assertion is BEFORE you read it. Then do it again AFTER reading it and see how your thoughts have changed. There is space to do that included in this guide!

3. How is the book structured?

Spend a few minutes looking at the table of contents and thumb through the entire book, glancing at each chapter's subsections to get a feel for the structure and flow of the book. You do not want surprises when reading nonfiction. Have an idea for how the author is going to make his/her case and arrive at their conclusions.

4. Based on my answers to the first three questions, am I biased either for or against this book?

One of the most difficult questions to ask, but also one of the most important. Reading a book you think you will agree with, almost always reduces your critical thinking skills. Reading a book you think you will disagree with, almost always makes you unfairly critical. Approach every book with an open mind to hear what the author has to say and engage the discussion as you read. Create a bias before you read severely hinders your ability to get the most out of it. As the saying goes, never judge a book by its cover!

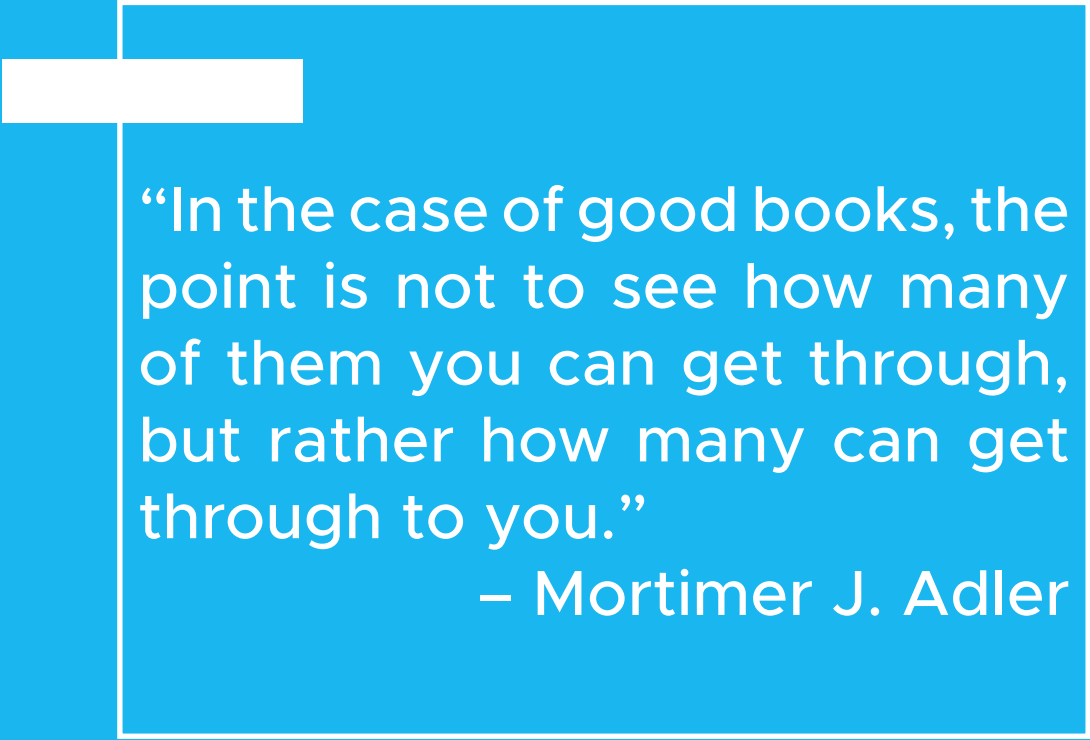
So as you begin learning from this book, go ahead and answer these four questions in the space provided. It doesn't need to be a lengthy treatise. Just a couple sentences will do. We'll revisit these questions after you've finished the book and see if anything has changed.

1. What do I hope to get from reading this book?

2. What is the main theme of this book?

3. How is the book structured?

4. Based on my answers to the first three questions, am I biased either for or against this book?



“In the case of good books, the point is not to see how many of them you can get through, but rather how many can get through to you.”

– Mortimer J. Adler

GrowBox Reading Plan

Pages in the book / Weeks = Weekly Goal
(Example: 256 pages / 6 weeks = 43 pages per week)

My Unique Book has _____ pages. To complete it in
6 weeks I need to read _____ pages per week.

Week 1: (complete by _____)

Week 2: (complete by _____)

Week 3: (complete by _____)

Week 4: (complete by _____)

Week 5: (complete by _____)

Week 6: (complete by _____)

WEEK 1:

“There is more treasure in books than in all the pirate’s loot on Treasure Island.”
– Walt Disney

Best quote from this week’s reading:

In two sentences, put the author’s argument into your own words:

Do you agree with the author’s argument? Why or why not?:

What is one thing you can do with the knowledge you’ve gained from this week’s reading to make a practical impact on your life?:

How has this week’s reading motivated you to deepen your relationship with God?:



WEEK 2:

“It is a good rule after reading a new book, never to allow yourself another new one till you have read an old one in between.”

– C.S. Lewis

Best quote from this week’s reading:

In two sentences, put the author’s argument into your own words:

Do you agree with the author’s argument? Why or why not?:

What is one thing you can do with the knowledge you’ve gained from this week’s reading to make a practical impact on your life?:

How has this week’s reading motivated you to deepen your relationship with God?:



WEEK 3:

“Once you learn to read, you will be forever free.”

- Frederick Douglass

Best quote from this week’s reading:

In two sentences, put the author’s argument into your own words:

Do you agree with the author’s argument? Why or why not?:

What is one thing you can do with the knowledge you’ve gained from this week’s reading to make a practical impact on your life?:

How has this week’s reading motivated you to deepen your relationship with God?:

WEEK 4:

“Read the best books first, or you may not have a chance to read them at all.”
– Henry David Thoreau

Best quote from this week’s reading:

In two sentences, put the author’s argument into your own words:

Do you agree with the author’s argument? Why or why not?:

What is one thing you can do with the knowledge you’ve gained from this week’s reading to make a practical impact on your life?:

How has this week’s reading motivated you to deepen your relationship with God?:

WEEK 5:

“Until I feared I would lose it, I never loved to read. One does not love breathing.”

– Harper Lee

Best quote from this week’s reading:

In two sentences, put the author’s argument into your own words:

Do you agree with the author’s argument? Why or why not?:

What is one thing you can do with the knowledge you’ve gained from this week’s reading to make a practical impact on your life?:

How has this week’s reading motivated you to deepen your relationship with God?:



WEEK 6:

“The reading of all good books is like a conversation with the finest minds of past centuries.”

– Rene Descartes

Best quote from this week’s reading:

In two sentences, put the author’s argument into your own words:

Do you agree with the author’s argument? Why or why not?:

What is one thing you can do with the knowledge you’ve gained from this week’s reading to make a practical impact on your life?:

How has this week’s reading motivated you to deepen your relationship with God?:

Congrats!

Now that you have completed the book, there is one more exercise we want you to do. Let's review a couple of the questions that we answered at the beginning and see if our initial assumptions held up. Then we will finish by evaluating the book.

1. (What do I hope to get from reading this book?) **Did you get what you had hoped to from this book? Where did it exceed your expectations? Where did it fall short of them?** *Note – You are not necessarily answering whether you liked or disliked the book. Here, you are comparing how it measured up against your initial expectation.*

2. (Am I biased either for or against this book?) Now that you've completed the book, did the author address and overcome your objections? Why or Why not?

If you were already in agreement with the author, what section(s) of the book did you find most helpful in further articulating your thinking?

3. Rate this book on a scale of 1 (worst) to 10 (best) in relation to other books you've read on the topic.

1 2 3 4 5 6 7 8 9 10

4. If someone who is not well versed in this book's subject matter were to ask you what this book is about, could you explain it in simple and practical language using 3 sentences or less? Do so here:

5. What are 2-3 ways you see this book making a real-world impact on your life now that you've worked through it and OWN it?
