

RAMP YOUR READING

A SHORT GUIDE ON HOW TO GET THE MOST
OUT OF EVERY NON-FICTION BOOK YOU EVER
READ FROM NOW ON. INCLUDING THIS ONE!

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RAMPIT SOLUTIONS LTD

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WHAT IS A "RUNDOWN"?

rundown

noun [C] /'rʌŋ,dʌʊn/

a report that provides the most important information about something:

E.g. This guide gives a rundown on how to get more from your reading.

Welcome to my series of short books covering various topics while applying the RAMP-IT principles. The idea behind these short, easy to read and digest books is to give you a quick rundown of a particular topic so you can see how to apply the RAMP-IT framework quickly and concisely. Some will be very short, like this one. Others will be longer but under 150 pages. Just enough to get value and short enough to read on a train or plane journey.

This is the first RAMPITRUNDOWN™ and is, and will always be, free as a PDF. Other RAMPITRUNDOWN™ books will be available on Amazon as e-books and audiobooks, or in

the RAMP-IT Community Membership site as a growing library of free downloads for members will include:

RAMP your Parenting

RAMP your Relationship

RAMP your Digital Marketing

RAMP your Meetings

RAMP your Habits

RAMP your Public Speaking

RAMP your Studying

RAMP your Teaching

RAMP your Hospitality Staff

If you have an idea for a RAMPITRUNDOWN™ you think will help others or are an expert and would like to contribute to a RAMPITRUNDOWN™, please email me at rundowns@justrampit.com.

INTRODUCTION

Hello! I'm Nolan Collins, a Behavioural Thinking Trainer, Mentor and Coach and lifelong trainer across several industries. I'm also the creator of the RAMP-IT and RAMP your FLOWS frameworks and coaching methods.

I have dedicated my life to simplifying what I've had to teach to help people learn more in less time and progress faster.

For me, it's helping people find the insights to help them achieve more, and I've done it in many industries, including Athletics, Ballroom Dancing, Wellness, Sales, Digital Marketing, Restaurants and others. I love to learn and love helping others discover those lightbulb moments that help them grow and get where they want to be faster and with less stress.

After spending over four years recently teaching digital marketing apprentices in various locations in the UK for 2 of the largest apprenticeship companies in the UK, I realised most students didn't know how to get the most out of the books they were reading or the courses they were attending. They were coming to me often for answers to questions they had right in front of them.

INTRODUCTION

As I developed the RAMP-IT model, I realised it could be applied to almost any situation, including reading and learning, so I'd teach this framework to my students. They became more aware of how to pull the best stuff from their books and lessons *and* apply the framework at their jobs.

This guide contains the RAMP-IT formula as it applies to reading non-fiction books. Using it, not just reading it, you'll get a lot both from this book and every book you read for the rest of your life. Download and print the bookmark for each book you tackle as a handy reference to keep the RAMP your Reading framework and questions in mind. If you did not get this as a PDF, go to <https://theresareasonforthat.com/bookbuyer> to download a printable PDF.

Let's dive into the RAMP your Reading guide, and please tag me on social media with #rampyourreading or #justrampit or #rampitrundown if you enjoy this as much as I think you will ... thanks :)

CHAPTER 1

RAMP YOUR READING - OVERVIEW

FROM A YOUNG AGE, we are taught how to read words and give them meaning. We are not taught how to think about what we're reading with a specific framework that makes us challenge what we're reading, even if it's to conclude that we're on the right path.

Think about it... at school, we are given books to read to regurgitate facts and figures. Typically only in English Literature are we asked how we feel about what we're reading. Or what the meaning is behind the words.

I will preface this all by saying I was a terrible student. I passed several GCSE's, a few A-Levels and didn't go on to further education until I was in my 20's. I rarely took notes. Like my son when he took his GCSEs, my books looked like they were fresh off the shelves at the end of the year.

As I immersed myself into more prolific and detailed study material, like anatomy, physiology, pathology, and then coaching and personal development, I realised I needed to make little comments to help me remember why something made sense when I was reading it.

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Once I got a bit older, I was reading so much I needed a system to help me keep track of what I'd read. Sadly, I needed it but didn't implement it for years. A few years ago, I started using what I now teach, and it's made an enormous difference in understanding, retention, and application of the material I read.

As we get older, we pick up self-help books, how to parent books, personal development, leadership and other books that want to tell us how to be more organised, stop procrastinating, find the perfect mate, be a better person and so on.

When we read these books, we're typically looking for information we can relate to or make sense to us, and if we don't see something quickly that connects, the book is added to the rest of the *shelf*-help books, gathering dust. Every time you look at these books, you think, "It was ok", but I didn't get that much from it.

What if you could? What if you could get more out of every book you read and understand why you are or aren't relating to it, and you can discover more perspectives with an open mind?

This book is going to help you discover a simple framework that helps you:

Be more **Purposeful** in your reading: Understand the Why, or purpose, of the book, and each chapter, and section and exercise.

Be more **Mindful**: Understand how you think and feel about what's presented, and know whether you like it because you relate to it already or if it's challenging you and you're open to being challenged.

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Be more **Accountable**: Find new processes, action steps and ways to get things done.

Be more **Resourceful**: Find new tools, sites and people to help you achieve your goals.

Be more **Influential**: Think about how you would share what you've learned at each stage for more introspection.

Be more **True**: Be more honest with yourself about what you're learning and whether you are honestly being as open as you can be.

In the following pages, I'll go through each of these factors with some questions to ask yourself and keep in mind. Simply reading and knowing these questions will help you question what you're learning to either validate it or challenge your beliefs. Either way, you'll come out at the end with a more profound understanding and ability to apply what you've read and learned!

This book wouldn't be complete without a summary of how I approached this book based on the RAMP-IT framework too!

My **purpose** in writing this book is to help you get more out of the next book you read, so you find it more valuable and find the nuggets easier.

I am **mindful** that my emotions around how students are taught sometimes come out when I talk about learning. I believe everyone should be taught to a high level and know how to dissect what they're reading from as early an age as possible. I am also aware we all learn differently and take in information differently. I attach no emotions to this work or how you perceive it, only the desire that it benefits you.

I will include **actionable** processes in this book to help you get more from the book, like giving you a link to download the bookmark! I can't hold you accountable to read this book,

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or any book, or apply any of it. However, I do know you'll be glad you did if you do!

I will include **resources** and links to help you get more from reading and my books. I may not be the resource for some, and that's ok. I may be what you need for you where you are right now, and that's ok too.

I will encourage you to be **influential** and contemplate sharing what you learn, both in this book and the books you read from this point forward.

And I will ask you to be **True** and be honest with yourself when you feel challenged or emotional, whether about the content here or whatever else you read, and dig deeper to uncover challenges that help you grow mentally and emotionally.

HOW I USE WHAT'S IN THIS BOOK WHEN I READ!

When I read books, I now have one of two things with me, sometimes both: I either have multi-coloured sticky note pads, the really thin ones for tagging or bigger ones for making notes on them, or multi-coloured highlighters. I use them to bookmark pages, chapters and sentences based on the colours of RAMP-IT:

- Red for Resources
- Amber (orange) for Action steps (Accountability)
- Mint (Green!) for Mindful excerpts or things to think about that challenge my thoughts, give me pause to think for a minute, or are suitable for quotes later!
- Purple for Purpose, when I find a statement that sums up the chapter to focus on what it was about or what the book was about.
- Indigo - Blue for being Influential and finding something I can share with others.

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- True - this is typically my black pen writing notes about new ways to think about things or ideas of using what I've learned, especially when something makes sense, and I see or feel it will help others.

Come up with your own system or use mine. Whichever you use will make it easier to go back to what you've read and remember what you got from it.

CHAPTER 2

BE PURPOSEFUL IN YOUR READING

AS MUCH AS we all want to find our life's purpose, sometimes it's enough to find meaning or "purpose" in the activity we are doing right now. If you have kids, you'll remember the terrible two's when the word of the day, hour and minute, was "why, why, why, why, why?". We humans are consumed with understanding why we do what we do, why others do what they do, and why the outcome is what it is, especially when it doesn't go the way we expected!

Yet when we're given or referred to a book, often we forget there is a why behind it, or how that "why" fits in with our own why's and purpose. Sometimes we're given a book to meet someone else's purpose, or rather their needs, like business books, so understanding the referrer's why in that situation can also help you know what to look for as you read.

With reading, knowing your "why" is a good start. Here are a few more questions to add to the initial "why":

- Why did you pick up this book?
- How is it going to help you?

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- Is there a bigger purpose that reading this book will help you with?
- Why did the author write this book?
- What do you think they want you to get from it when you turn the last page? Is it clear?
- What is the author's intent for the book as a whole and each chapter? Is it clear?
- Does it come through the author cares about what you get from this book?
- Is it clear how each chapter or exercise fits into the book's purpose and your overall purpose for reading it?
- Did reading this book change your larger purpose or perspective of your purpose?
- Was your initial "why" fulfilled?

Next time you pick up a non-fiction book, ask yourself what you think you're supposed to be getting from it and each chapter.

As a side note, if you are writing an article or book, don't forget to know your own purpose as you write, and make it clear to the reader!

You will have your own purpose to write; however, being purposeful as a whole is about knowing how what you're doing is serving others rather than serving yourself.

If you are a teacher or trainer, try asking your learners/students what they think the book's purpose is or each chapter, and you'll find they will be more engaged. If things get off track, come back to the purpose as a discussion and ask if it's still clear.

If you think of other questions I could add here to help others find their purpose in reading please let me know!

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Don't forget to download the Ramp your Reading bookmark in the member's area where you downloaded this ebook!

What would you say if you had to explain this chapter to someone you just met? Bonus points if you can share it with someone now!

CHAPTER 3

BE MINDFUL IN YOUR READING

WHEN YOU READ my other books, you'll discover I talk about being self-aware of our feelings, emotions, and thoughts. Yes, feelings and emotions are two different things! Feelings are your instinctive physical reaction to something. You read something you disagree with and *feel* your stomach tighten. You read something you agree with and *feel* your shoulders relax, and find yourself nodding to your feeling and thoughts in the middle of the coffee shop! Maybe that's just me!!

Emotions are the words we associate with the feeling and the situation combined with any previous history.

And our conscious thoughts are what we tell ourselves to rationalise our emotions. These become our beliefs.

When reading something new, it's easy to dismiss something that challenges our current beliefs / internal stories / emotions and thoughts, just as I have when reading some bestsellers. I have to stop and ask myself the following questions when I disagree with something I've read.

- Did I have a physical reaction to something I read? A

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tightening of muscles, a smirk, pulling away, my throat tightening, holding my breath, or... relaxing, sighing, leaning in? If yes, what emotion did I associate with that reaction?

- Are my emotions valid? Really?
- Is the author trying to evoke an emotion, or am I reacting to something myself?
- What thoughts are going through my head? Am I validating or disputing what I'm reading?
- Why am I validating or disputing it? How does that make me feel?
- If I have a belief that comes to mind, and I want to argue with the author, is it a belief I've been told to believe from parents, peers or professionals, or one I've created based on an experience in a specific situation?
- Has the author changed the way I look at something?
- Do I think the book could be better? Why? How? How does that make me feel?
- Am I aware of the author's emotions and background as I read?
- Am I considering the author's perspective?
- Does that upset me if I think I know more than the author? Can I look at the book and realise that either the author has not experienced as much as me, is coming from a more basic background to help people unfamiliar with the subject, or the author wrote this book when they were still at a more fundamental level.
- I remember reading an author who stated he would get comments about his early books and realised the questions were based on where he was at *that* time, not where he is now!

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This should give you enough questions to start! It's easy to take something at face value. However, remember there are hundreds of books, with hundreds of perspectives on almost every topic, including how to get the most out of reading a book! Got something to add? Please let me know!

What would you say if you had to explain this chapter to someone you just met? Bonus points if you can share it with someone now.

CHAPTER 4

BE ACCOUNTABLE WITH WHAT YOU FIND!

THERE ARE two sides to accountability when it comes to reading:

The first:

Your accountability to finish reading the books you pick up,

The second:

Being accountable to put into action the ideas, processes, and action steps you find in the books you read.

I mentioned in the introduction that many non-fiction books end up on the bookshelf, gathering dust *unless* you know how to get more out of them. Once you know, it becomes more interesting to read and a bit of a challenge to see how you think after you've read it.

Accountability is not just about keeping yourself motivated and feeling obliged to do something.

As explained in the RAMP-IT book, accountability is about having a plan or process and knowing the steps to keep

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things moving forward while knowing who is responsible for the outcome!

Here's the plain English version:

When you read a non-fiction book, look for the nuggets, action steps, processes, ideas, and theories and write them down or bookmark them. When you get to the end of the chapter, take 5 minutes or less to think about how you can implement at least one thing within the next 24 hours. Nuggets like this one, in bold above!

Every chapter in this and my other books have an action step at the end. Taking action creates traction and makes it easier and more natural to do it the next time.

Don't feel you need to put everything into action at once. I'm not saying you can't, but if you're trying to do five things at once, you're only really putting 20% of your energy into any of them at one time! Probably less as you have to refocus between changing tasks!

Here are a few questions to ask when you've got your list of action steps and ideas from your next book (or this one!)

- *Will this action item improve existing processes or systems?*
- Do I have the right resources to implement this action item?
- Will taking action mean we need to look at existing processes and update them?
- What is the smallest step I can take first to implement this?
- Do the action items align with my purpose of reading the book or the larger purpose?
- What can I add from what I already know to make this action item more effective? And do I need to?

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The reason the first question above is in Italics is that I was watching Game of Thrones with my daughter and the following quote seemed apt for this book, and specifically, this section:

It's always easy to confuse what is with what ought to be, especially when what is has worked in your favour.

TYRION LANNISTER - GAME OF
THRONES.

As I put in the “There’s a Reason For That” book, change is inevitable, and the systems in place now, especially the old ones, were put in place because they were the best solution when they were created! It doesn’t mean they still are!

Another way of looking at this is knowing that today’s solutions may not help you with tomorrow’s challenges, so always be on the lookout for ways to improve and adapt!

In other words, it’s being honest about:

1. Knowing your current steps/processes will change at some point
2. Being open to knowing your systems *can* be optimised with the proper steps and resources
3. Knowing if adding a new process or action step you discover will help optimise your systems the way they need to be.
4. Realising when it’s time to change or wait for a better solution.

When I taught digital marketing, I would explain CRO or “conversion rate optimisation”. This means knowing there will always be a way to improve the current system or

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process to increase return and achieve the goal more often and easier.

This happens in real life. Let's call it PAO. Purpose Achievement Optimisation. We should always be on the lookout for ways to make life easier and help us achieve our purposes easier and faster.

As with the framework factors, take a minute to think about these questions and look for and identify new ideas, processes and action steps.

BONUS: Being accountable for finishing reading your books.

There are many techniques for time management and thousands of books. In reality, you're not managing time. Time keeps going. You're managing effort and action. If you have a clear, defined purpose, know what steps to take, have the right resources, and have a handle on your thoughts and emotions, you'll commit the effort to a task no matter how long it takes. Procrastination is kept at bay, and things seem to keep moving. You'll have to wait for the RAMP your Productivity RAMPITRUNDOWN for more on this!

This ebook is not a time or effort management book; however, here are a few ideas (resources or action steps!!) for you.

Clarity of purpose: The trick to getting more done, which works for Procrastination too, is to get as clear and deep on your purpose as possible. When reading, think of the outcome and benefits of finishing the whole book. Even a bad book can trigger new thoughts and ideas on making things even better! This is a Mindful note as it's something to think about that can change your perception and emotions around something!

Reward: A skit from John Pinette came to mind when he recalled being on a treadmill chanting to himself "ravioli and a nap,

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ravioli and a nap” as his reward for exercising! See this clip called “John Pinette - I don’t do ups” if you want a good laugh! <https://youtu.be/0q6Gc23ZtPA> . The Harvard Business Review <https://hbr.org/1993/09/why-incentive-plans-cannot-work> claims employee incentives don’t work as much as people think; they only get people to change what they’re doing temporarily.

If that’s the case, and reading a book is a temporary thing, go ahead and set a reward for yourself. It could be ravioli and a nap, or another book, or even the chance to check off a task that helps you achieve your bigger goal! It could even be that vegan chocolate you’ve been eyeing with a nice soy latte!

Effort management: You’ve likely heard of the Pomodoro technique already, but just in case, here’s the short version: Work for a defined amount of time, usually 15-20 minutes, then take a short break. If you find yourself sucked into a chapter, keep reading, and take a break later.

Break it up: It can be hard to keep focused when reading long books. You’ll notice I ask a very important question at the end of every chapter in all my books: Take 5 minutes and think about how you would explain what you just learned to someone else.

Think about what you would say first. What would be the first step? What was the most important thing from that chapter?

If you had to explain this chapter to someone you just met, what would you say? Bonus points if you can share it with someone now! More bonus points if you’ve written any of your other action items down! What is the best way for you to keep track of new ideas? Sticky notes? Online? Trello? Clickup?

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Learning tip: You retain more information when you hear, see and write notes in your own words. I rarely wrote things down until I got older and had more things to remember. You don't have to write a lot, but writing small notes to start will help you develop a helpful habit sooner.

CHAPTER 5

BE RESOURCEFUL AS YOU READ

WHEN I WORKED in Fine Dining restaurants both on land and at sea on cruise ships many years ago, I realised a lot of things, including the following:

- People ask bizarre questions, like “What’s in the onion soup?” and “How do you get to work every day?” when I worked on cruise ships!
- You don’t ask a Pastry Chef to watch the soups.
- When a chef asks you for a filleting knife, you don’t hand her a cleaver.
- Just because there’s a training system in place, it doesn’t mean there isn’t something better.

The point of these statements, except the first, is that there is always a best tool or *resource* for the situation. Each of the above is a tool or type of resource. People, products, places.

You are a resource too. A resource that keeps growing as you learn more and can offer new perspectives and ideas even from one day to the next.

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As you read, keep an eye out for resources that can help you implement what you're learning more effectively. It could be:

People - Links to mentors, authors, course creators, experts, podcasts and *you* as you take on new ideas and formulate your own ideas too.

Products - Tools like software, websites, cheat sheets, physical tools. These can be free or paid.

Places - Websites, organisations, forums, offices, networking locations. These are places you can go to get additional resources or help.

Then ask yourself these questions:

- Can this resource help me now or in the future?
- Do I have the resources, time, skill, or funds to use this resource effectively?
- Does this do what I need right now, or does it just look more interesting right now? (shiny object syndrome!)
- Do I have an existing resource that does the same thing, so I don't have to lose time playing with something new?
- Does this resource help me with my purpose, either with the book I'm reading or any bigger purpose?
- What will I gain by adding this new resource?
- Does this new resource have new features/ skills that improve the outcome?
- Will I need to change any existing processes if I implement this new resource (and is it worth it long term?)
- If we implement this new resource, who will need to be told?

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There are probably many other questions you can think of when choosing the right resources for you and your situation.

Warning: Just because you find some new cool tools or ways of doing things, it doesn't mean you have to implement them all!

I worked for a guy in the UK soon after I came back here in early 2014 who had read multiple books on digital marketing and was trying to implement all of them at the same time on his website.

It looked as if someone had thrown up videos and multiple sales techniques all on the same page and was confusing to say the least. Sometimes less is more. Use the question above and pick a couple of things to start. Remember the accountable section? What's one thing you can do now? Take one small step at a time if needed.

If you had to explain this chapter to someone you just met, what would you say? Bonus points if you can share it with someone now!

What is one question you can memorise now and try to use next time you find a new resource in your next book, or even your next course or class?

CHAPTER 6

BE INFLUENTIAL AFTER READING

IN EVERY ROLE and industry I've taught in over the past 30+ years there is always one thing I've encouraged my learners and students to do:

Teach someone else what you've just learned

I've put a comment at the end of each chapter for a reason. That reason is something I've also said to every class in the last four years.

"The best way to learn is to teach."

I heard this years ago and have been saying it for so long I probably thought I came up with it! However, I recently discovered it is credited to Frank Oppenheimer, an accomplished academic and professor.

It's true though. When you share the information or insight you've learned, even if it was 2 minutes ago, it does a few incredible things:

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- It makes you validate what you've learned in your own mind.
- It causes you to pay closer attention to details, knowing you may have to share them later.
- It makes you think about the information deeper, causing you to give it context to your own experiences, which can bring you close to having new insights.
- You get to enlighten someone else who may not have known it yet.
- It gets both you and the other person thinking about it from more than one perspective.
- It gives you confidence that you know something!
- When you share it with your own story or context, it can trigger a new insight for the other person.

There are many other benefits; however, I think you get the point. Please share what you learn, and do it as soon as possible and as often as possible.

Sharing because you know it will help someone else, even if there is no reward or recognition for you personally, is, in my opinion, the best way to be an influencer. That can be at home or work!

If you think about it, most blog posts are people sharing their insights or lessons learned from experiences and books they've read and courses they have been on!

So how can you figure out what to share?

Go back to the RAMP Framework and think about your own thoughts and discoveries for each one:

RESOURCEFUL:

- What new resources did you find?
- Have you used them yet?

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- Do you want to?
- Did any of the resources change the way you think about what you're already doing?

ACCOUNTABLE

- What action steps or processes did you discover?
- How could that change the way things are done?
- Would this help more people than just you or your team?
- Do you think there is a better way already and consider your current method is better than what is being taught in the book? Discuss!

MINDFUL

- Have people complained about what's happening now?
- How do those thoughts/emotions limit productivity?
- Is there a new way of looking at it?
- Could that help more than you or your team too?

PURPOSEFUL

- What was your purpose going into the book?
- What were your expectations?
- Were they met?
- Did you amend your purpose?

Here are a few more questions to ask yourself:

- When new employees start, do they understand the "Why" of what they will be doing as much as established employees?
- Have you learned a new analogy or perspective about

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something that can help explain what seems easy and common sense to you to a new person?

- As a leader, can you explain concepts in learning styles other than the one(s) you relate to? Can you now?

If you had to explain this chapter to someone you just met, what would you say? What are two concepts you could share that you think would help someone else be more influential?

CHAPTER 7

BE TRUE AS YOU REFLECT ON YOUR READING

“Awareness is not enough. Contemplating how we got to this moment, and whether it’s aligned to our purpose and being ready to change if it’s not, is what being true is all about.”

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I WAS ONCE CHALLENGED by a new employee I’d trained in a fine dining restaurant. I told them, “That’s the way things are done here.” They responded with, “Yes, but is that the way you think things should be done here?”.

I thought about it and answered “No”. I then changed the way we did things. I had bought into a belief I’d been shown as “the” way to do something. A part of me always knew it could be better yet didn’t think I had a choice. If I hadn’t been challenged, I would have kept doing it.

To the ire of my managers, I think I’ve constantly challenged the status quo when I believe it could be better.

Being True is about challenging yourself, your beliefs and your values. It’s hard. Our beliefs and values are what we

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stand for, what we're known for. If we change them on a whim, what does that say about us?

In my opinion, it means you've learned something about yourself and the way things work.

Being true is recognising when something irks you or makes you feel uncomfortable and asking yourself, "why?". Yes, it ties in with being mindful and self-aware.

Is it because you've experienced something different?

Or you've been told something different?

Or your culture at work or home expects how you should think or behave?

The next question is important:

Are you willing to change?

We all change over time, especially as we grow from birth to teenagers. Why? Because we are bombarded with new information regularly from multiple sources.

As adults, many of us, that may nor may not include you, reduce how much we learn, read, and challenge ourselves mentally. This leads to stagnation of thoughts and behaviours because we are not being introduced to new ones of doing things often enough to realise it could be better.

I cover this in more detail in my other books; however, I want to keep on track here with RAMP your reading!

Being True when reading involves asking yourself the following questions to start:

- Am I open to change?

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- If I see something that conflicts with my current beliefs but is a new way of looking at things, will I ask myself why I believe what I believe, and what would happen if I adopted this new way?
- Am I being honest about how I feel or think about something?
- Am I being honest about how deep I'm challenging myself?
- Am I being authentic in explaining my discomfort with a topic or glossing it over, so I don't look weak, uncertain, unconfident, or vulnerable?

These are starting questions to help you challenge your current beliefs. I've had to do this many times when reading books myself. I've had thoughts such as:

- This would never work because...
- This is old...
- Add your thoughts here.

And then I have to stop and ask myself:

- Why do I think it wouldn't work and what if it does?
- It may be old, but there was a reason it worked then. Is there a way to build from that to something new?
- Add your new solutions here.

If you had to explain this chapter to someone you just met, what would you say?

What is one thing you would tell them you look at differently after being true to yourself?

CHAPTER 8

SUMMARY

A QUICK NOTE: As you go through these questions, remember I'm not asking you to think of *every* question every time you read a book! That would make it less fun and take at least twice as long to read every book!

The best way to use this is to be aware of the purpose, then pay attention to your own body and thoughts as you read and learn. To put what you learn into practice, maybe write down any processes, ideas, action steps or resources you find.

The purpose of this book is to help you get more out of every book you read. You may think that just reading it once won't help you, however, I think you'll find the next time you read a book, at least one question in here will pop into your head as you read, and you'll take another look at a page or chapter or sentence because of it.

This book is a resource. You can read it more than once! You can also print the bookmarks on the next page if you have this a pdf, or if you signed up to get this via email, you'll get a link to a full-size printable bookmark. Print as many as you need for your books!

RAMP YOUR READING

See the next chapter for some of my other books and offerings, all designed to help you.

Thanks for reading this far, and enjoy your next book!

RAMP^{YOUR} READING

Purposeful

What is the purpose, or "why" of the book, chapter, idea, diagram or method? What will you gain or be able to do at the end of this?

Mindful

What feelings come up for you when you read something you agree with or not? What thoughts and emotions come from this? Are they valid? What would taking on new ideas do for you?

Accountable

What steps, processes, methods, actions can you take from the book? Can they help you? What is the first step to implementing?

Resourceful

How can resources you discover help you? Looking at the other factors, how can you become the resource, or find the resource to take action?

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Influential

Where can you see opportunities to share what you learn? Is it helping just you or someone else? When you read this, think of the last thing that stood out for you and share it.

True

Are you being honest with yourself about your feelings and thoughts? Are you open to change or learning? Or just looking to validate your existing thoughts? Be true to yourself to get the most out of any book.

HOW TO USE THE BOOKMARK

Use either highlighters or sticky notes to record your thoughts, observations, discoveries and insights as you read your books. Try to use the same colours as RAMP-IT so you have consistency.

Reflect on your findings, journal them if you like writing, or just talk about it.

Oh, and don't forget to share on social media, using

#justrampit or

#rampyourflows. thanks!!

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CHAPTER 9

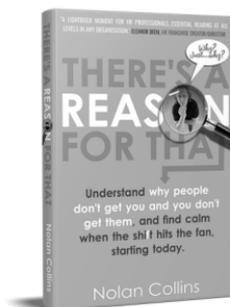
READY FOR MORE?

IF YOU'VE ENJOYED READING this e-guide and got more than one thing from it, I'd say you're a perfect fit for my Facebook Community, where I share more tips, videos and cheat sheets on applying the RAMP-IT framework to many areas of life and work.

Go to <https://www.facebook.com/groups/justrampit> and ask to join.

And if you reeeaaaaally liked it, and don't have them already, you can learn more about how to get on better with people, including yourself, and be more effective in all areas of your life with my other books as they come out over the next few months:

NOLAN COLLINS



There's a Reason for That - Available on Kindle, Paperback now. Audiobook from June 2022

Just RAMP-IT™ - Coming late Summer 2022!
RAMP your FLOWS™ - Coming late 2022
RAMPITRUNDOWN™ ebooks - coming 2023

So now you're ready for a deep dive into applying RAMP-IT at home or work so you can get more out of every aspect of life. You can also join the RAMP-IT Coaching Community and get immediate access to simple, actionable courses, training, interviews, cheatsheets and much more for a low monthly fee. Other options are available for families and companies. Visit <http://justrampit.com> for complete details.

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reflection book like this one or would like to partner to create one in your area of expertise, please contact me!

