

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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