

## Reading Habits for Success



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One need not elaborate the benefits of reading. Most successful people are known to be voracious readers. If one wants to move up in career or for that matter, in life, one has to make reading a habit.

The starting point is to set a goal about reading. You may wonder, if a goal needs to be set for a simple thing like reading. Yes, setting a goal helps you follow it up and eventually making it a habit.

### SUGGESTED HABITS

1. Read 5 hours per day
2. Before you start, browse a book. That will help you decide whether to read it or not. Sometimes, it's better to browse and throw away a book, than buy and read it fully!
3. Read curated book lists of people like Bill Gates, Elon Musk, Mark Zuckerberg and Jeff Bezos etc.
4. Read Magazines such as Harvard Business Review, Sloan Management Review, etc

### LEADERS USE THE 5 HOURS RULE. HERE'S HOW IT WORKS

Many leaders set aside an hour a day (or five hours a week for deliberate practice or learning. Five hour rule can be in three buckets, 1) Reading, 2) Reflection, 3) Experimentation

#### 1) READ

- Nike Founder Phil Knight revels his library.
- Oprah Winfrey shared her success with reading books
- Warren Buffet spends five to six hours a day, reading five newspapers and 500 pages of corporate reports
- Bill Gates reads 50 books a year
- Mark Zuckerberg reads at least one book every two weeks.
- Elon Musk grew up reading two books a day, according to his brother.
- Mark Cuban reads for more than three hours every day
- Arthur Blanks , a co-founder of Home Depot, reads two hours a day.
- Billionaire entrepreneur, Da I'd Rubenstein reads six books a week
- Dan Gilbert, the self-made billionaire who owns the Cleveland Cavaliers, reads for one to two hours a day.

#### 2) REFLECT

Other times, the 5 hours rule takes the form of Reflection, and thinking time.

- AOL CEO, Tim Armstrong makes his senior team spend 4 hours a week just thinking.
- CEO Jeff Weiner schedules two hours of thinking time a day.
- Brian Scudamore, the founder of the \$250 million company o2e Brands spends 10 hours a week, just thinking.
- Red Hoffman calls his friends like Elon Musk for inspiration

#### 3) EXPERIMENT

Five hour rule can also be experimentation.

- Ben Franklin sets aside time for experimentation.

- Google allows employees to experiment 20 percent of their work time.
- Facebook encourages experimentation. .

BOTTOM LINE: The busiest people find at least an hour to think and learn EVERY DAY.

## **FIVE WAYS TO READ MORE BOOKS**

If you are a very busy person and not in the habit of reading, it may be difficult for you to get started. But it's never too late to get started.

### ***1 Set a Specific Book Reading Goal***

- How many books do you want to read?
- How fast do you want to read them?
- Picking out specific numbers will make it easier to track your progress and to celebrate your victories. Goodreads is a great tool to help you keep track of your book list and set up your reading goals for the year. This app also lets you rally your friends to join you on your journey and encourage progress
- Get a head start with timeless classics:
  1. Think and Grow Rich
  2. How to Win Friends and influence People
  3. The 7 Habits of Highly Effective People

### ***2 Schedule a non-negotiable time to read***

- Carve out a block of time that can only be used for reading
- Schedule it in your planner and make it as important as eating dinner or sleeping.
- Complicated material is easier to understand early in the morning when your mental clarity is at it's peak.

### ***3 Set up a space to read***

- Pick a room free from loud distractions and set up your reading sanctuary.
- Find a comfortable chair near a lamp and a small table. Most important , don't file that book away in between reading sessions;
- Leave it out in the open to keep it on top of your mind.

### ***4 Pick a format that you enjoy***

- Just pick what works best you, whether ecopy or hard cover or paper back

### ***5 Visit the Library***

- Do this regularly and without fail to reap rich rewards.

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**IIT Madras students set Asia record for most cleaning robots:** IIT Madras students have set Asia and India records for operating the largest number of robots to clean an area. About 270 students attended the workshop where 45 smartphone-controlled robots with rotating scrub pads and a central suction mechanism swept a 750-square-foot area for over 15 minutes. The workshop's aim was to spread awareness about "Swachh Bharat", said the institute.

**Sony to launch robotic pet dog priced at ₹1 lakh:** Japanese electronics major Sony will launch a robotic pet dog called 'Aibo' which can bark, sit and wag its tail. Priced at ₹1.2 lakh, Aibo has two OLED panels as eyes with a battery life of around two hours. It also has an app called 'My Aibo' to access settings, download 'tricks' and view photos taken from the dog's camera.

**AI to create HD version of low-resolution images developed:** Germany-based researchers have developed an artificial intelligence (AI) system that can create a high-definition (HD) version of low resolution images. The team applied AI and an adaptive algorithm for upsampling the low resolution images to improve the result. The AI gives up on 'pixel-perfect reconstruction' and aims for faithful texture synthesis, the researchers said.