

# Reading practice

## STUDENT 1 EXAMPLE

1. Read chapter one, pages 3 to 6 <https://bit.ly/3j8wPKe>  
Why small habits make a difference?
1. Listen to the audio book from minute 19:53 to 26:30  
[https://youtu.be/rC\\_ZjvUjIkg](https://youtu.be/rC_ZjvUjIkg)
2. Read aloud, and listen again. Pay attention to the intonation.
3. Optional. You can record your voice while reading some paragraphs.

# Reading practice

**STEP ONE:** Read straight and don't stop. You may find new words.

You are able to understand the message of these pages without understanding every single word or expression.

**STEP TWO:** Highlight the most important parts of the message.

- Look for new words or expressions in the dictionary.
- Copy and past the new words.
- FOCUS on understanding the meaning, not on understanding every word.

# What are the important parts of the reading?

**CONCEPTS:** Definitions that are important.

**EXAMPLES:** They illustrate and help us to understand the concepts.

**CONCLUSIONS:** They show us why a concept is important.

- Habits are the compound interest of self-improvement.
- The effects of your habits multiply as you repeat them.

If you save a little money now, you're still not a millionaire.

If you go to the gym three days in a row, you're still out of shape.

If you eat an unhealthy meal today, the scale doesn't move much.

If you work late tonight and ignore your family, they will forgive you.

Success is the product of daily habits—not once-in-a-lifetime transformations.

What matters is whether your habits are putting you on the path toward success.

If you're a millionaire but you spend more than you earn each month, then you're on a bad trajectory

if you're broke, but you save a little bit every month, then you're on the path toward financial freedom.

Success is the product of daily habits—not once-in-a-lifetime transformations.

Your outcomes are a lagging measure of your habits.

- Your **weight** is a lagging measure of your **eating habits**.
- Your **knowledge** is a lagging measure of your **learning habits**.
- Your **clutter** is a lagging measure of your **cleaning habits**.

You get what you repeat.

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# lagging indicator

**noun** [ C ] • FINANCE & ECONOMICS • usually specialized

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**something that shows what a situation has been like in previous weeks, months, etc., rather than showing what it is like now or will be like in the future:**

- *The unemployment rate is a lagging indicator of the economy's overall performance.*

## STUDENT 2

1. Read chapter one, pages 6 to 13 <https://bit.ly/3j8wPKe> What is progress really like

Why small habits make a difference?

1. Listen to the audio book from minute 26:30 [https://youtu.be/rC\\_ZjvUjIkg](https://youtu.be/rC_ZjvUjIkg)
2. Read aloud, and listen again. Pay attention to the intonation.
3. Optional. You can record your voice while reading some paragraphs.
4. Prepare a presentation with the main concepts, examples and conclusions (power point).
5. Practice your presentation, it should last between 5 and 7 minutes.