



# Book Diary

Pause and Read — Any book counts. One page counts.

|                                       |                     |                |                 |
|---------------------------------------|---------------------|----------------|-----------------|
| <b>Date</b>                           | <b>Title</b>        | <b>Author</b>  |                 |
| _____                                 | _____               | _____          |                 |
| <b>Format (print / ebook / audio)</b> | <b>Pages / Time</b> | <b>Started</b> | <b>Finished</b> |
| _____                                 | _____               | _____          | _____           |

**My rating (circle):** 1 2 3 4 5

**Mood while reading:**

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**Where did I read?**

\_\_\_\_\_

**Quick summary (2–4 sentences)**

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**Favorite quote / line**

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**My thoughts / reactions**

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**Next step:** ☐ Recommend ☐ Discuss with someone ☐ Write a review ☐ Keep reading





## Book / Text

☐ What did I notice that I usually overlook? ☐ Did this change how I see a person or group?

☐ Whose perspective was centered? Whose was missing? ☐ Where did I feel empathy—and where did I resist it?

☐ What felt true, even if I didn't like it? ☐ What would a kind response look like in real life?

☐ What question do I want to ask the author / characters? ☐ What is one action (small) I could take after reading?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has rounded corners on the left side and a straight edge on the right. There is no handwriting or other markings on the paper.

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