



Book Diary

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

Date	Title	Author	
Format (print / ebook / audio)	Pages / Time	Started	Finished

My rating (circle): 1 2 3 4 5

Mood while reading:

Where did I read?

Quick summary (2–4 sentences)

Favorite quote / line

My thoughts / reactions

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



Reading Reflection

Use this page when you want to go deeper (empathy, perspective, social awareness).

Book / Text

Date

Prompts (pick any 2–3)

<input type="checkbox"/> What did I notice that I usually overlook?	<input type="checkbox"/> Did this change how I see a person or group?
<input type="checkbox"/> Whose perspective was centered? Whose was missing?	<input type="checkbox"/> Where did I feel empathy—and where did I resist it?
<input type="checkbox"/> What felt true, even if I didn't like it?	<input type="checkbox"/> What would a kind response look like in real life?
<input type="checkbox"/> What question do I want to ask the author / characters?	<input type="checkbox"/> What is one action (small) I could take after reading?

Notes / reflection

Connection: What does this help me understand about people, community, or society?