I challenged myself to read 50 books a year, and it changed my life in surprising ways

Stephanie Huston,

Medium

Mar. 9, 2018, 9:37 AM

Aim to read one book a week. Aaron Burden/Unsplash

- **It is easy to use lack of time as an excuse for not reading.**
- **You will get better at reading by making a habit of picking up a book, rather than your phone, at quiet points in the day.**
- **People who read regularly often find that they sleep better, learn more, and have a healthier relationship with their phone.**

It's been eight weeks since I began my "50 books in 2018" challenge with my friend Tom Kuegler.

I was pretty terrified to take on this goal of reading at least one book a week, considering I barely kept up with reading one book a month last year.

My excuse was always that I didn't have enough time. After all, I have a full time job, work on my side hustle full time outside of work, and travel frequently.

But deep down I knew that was bulls---, and that I could make time if I truly wanted to.

This goal has truly transformed my life in the past eight weeks — really challenging me to take a look at how I'm spending my minutes during the day.

I'm excited to share that I'm currently finishing book #9 for the year, and loving every book reading moment.

Not having enough time was a complete bulls--- excuse all along.

My endless minutes of mindless phone time has transformed into meaningful minutes of mindful reading time.

I read when I wake up in the morning, on the subway, on my lunch break, at the deli after work when I'm waiting for my usual sandwich, and before I go to bed every night.

All time I had previously spent mindlessly scrolling on my phone.

Don't get me wrong, I love my social media and phone time, but I was wasting a f--- ton of time scrolling without purpose. Now, I'm more productive and engaged when I am on the phone.

Two months into this challenge that I was so scared to take on, and I feel more at peace, less addicted to my phone, more satisfied with my days… I find it easier to fall asleep at night, I'm enjoying my subway commute more, and I'm learning so much more than I had imagined.

So you can continue to hold me accountable, and see what I'm actively reading, I've decided to share the #50Books2018 tracking doc I created:

#50Books2018
docs.google.com