Twitter Thread by Alex and Books ■



Alex and Books ■
@AlexAndBooks_

A simple guide to taking notes while reading.

(thread) ■

0) Things you'll need:

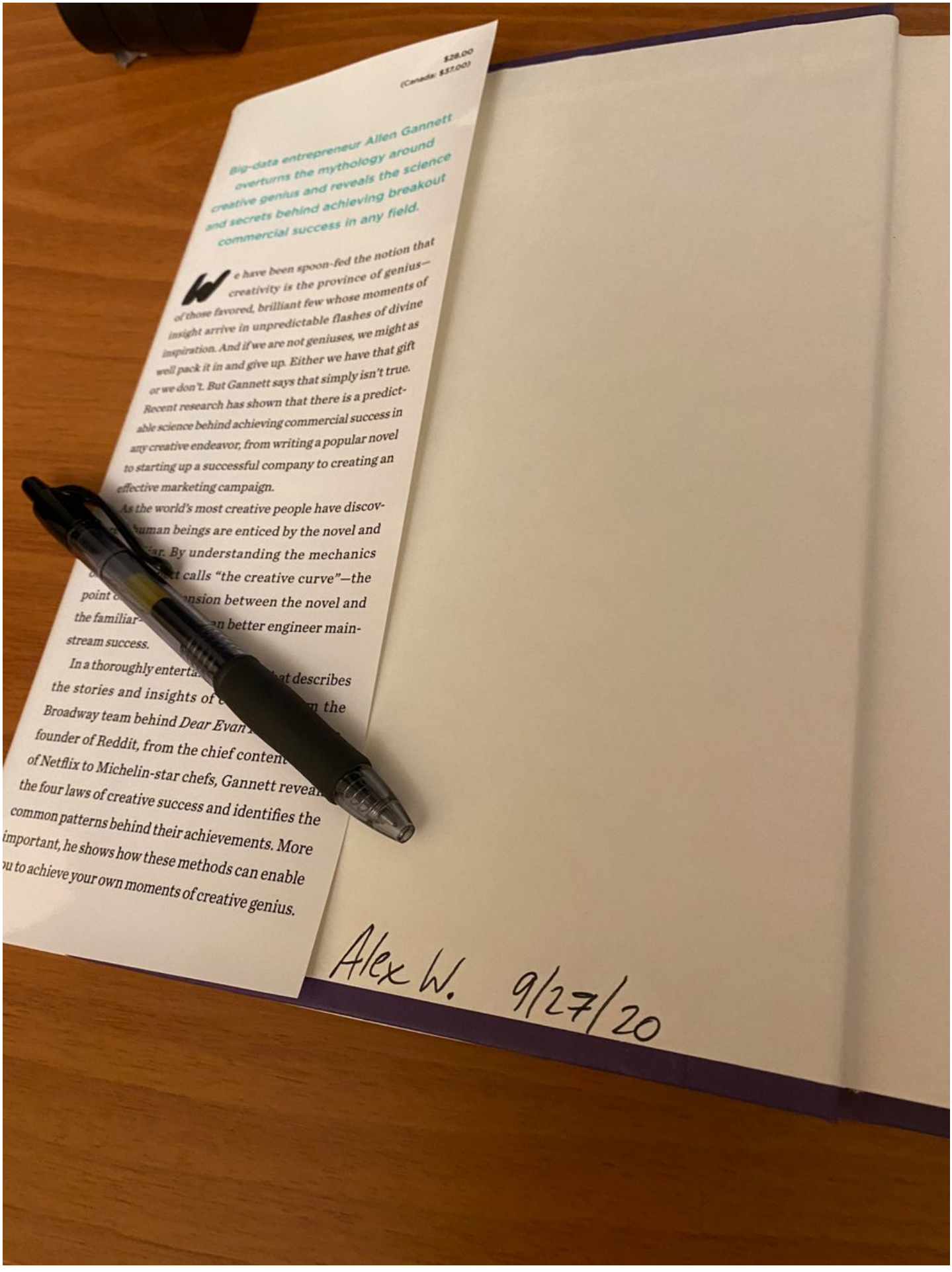
• Book
• Pen
• Highlighter



1) Write your name & the date on the inside of the front cover.

If you ever forget or mix up books, you'll know which is yours.

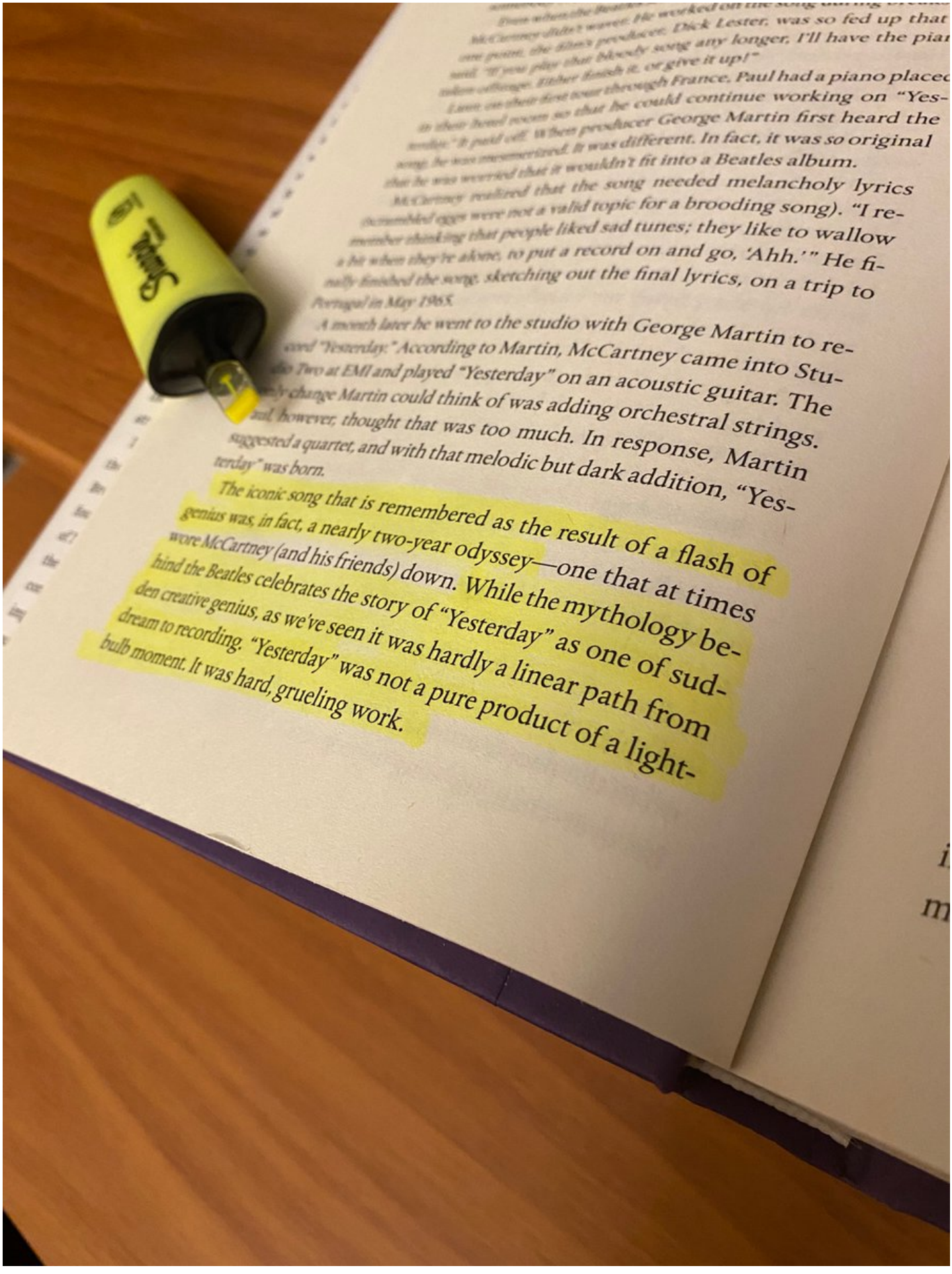
The date serves as a type of journal entry in your life and can tell you how long it took to read the book.



2) As you read, highlight passages that resonate with you

This could be text you want to review later, include in future articles, makes you stop to think, etc.

(PS: I recommend the clear Sharpie highlighter, it’s wide so it gets the whole line & it’s comfortable to hold)



3) Write in the margins & star important text

Remember that this is your book and you’re allowed to write in it.

When a text is super important, highlight it & add a star next to it.

The magazine's publisher was an avid fan of and expert on the composer, telling all who would listen stories about how Mozart would compose in his head, without benefit of a piano.

In the letter, Mozart explained his composition process: "Provided I am not disturbed, my subject enlarges itself, becomes methodized and defined, and the whole, though it be long, stands almost finished and complete in my mind, so that I can survey it, like a fine picture or a beautiful statue, at a glance. Nor do I hear in my imagination the parts successively, but I hear them, as it were, all at once."

Mozart's letter

This letter became a cornerstone of the mythology that grew around Mozart: the brilliant composer did not toil for his musical ideas; he was handed them by a mysterious Higher Power. This account, like countless other popular stories that refer to flashes of genius, can be enough to dissuade any aspiring individual who is not convinced they are a genius connected to God to give up his creative efforts. If you're not born with a once-in-a-generation gift, you don't stand a chance of making your mark.

Letter was FAKE!

There is one problem with Mozart's letter: It was a forgery. ★

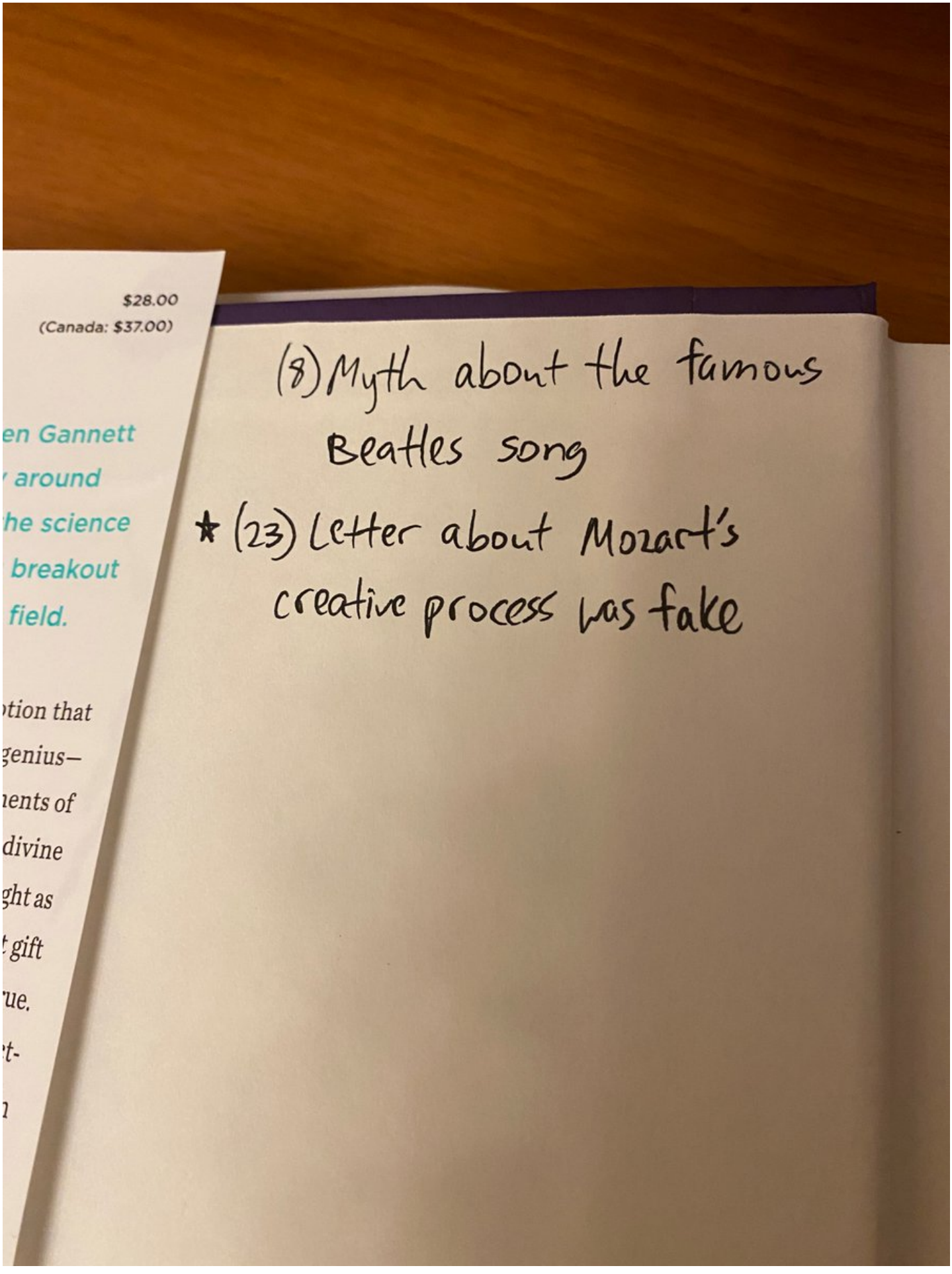
The portrait of Mozart's inspired brilliance came about as the result of an overly ambitious publisher trying to sell magazines. Johann Rochlitz was a German magazine publisher who had a deep reverence for Mozart and published countless letters and anecdotes that were purportedly from or about Mozart. However, later biographers discovered that many of his stories were exaggerated, and some, such as this letter, were wholly fabricated. Nevertheless, the myth took hold. A few hundred years later, the conception of Mozart is still deeply ingrained in our consciousness.

In reality, Mozart worked long hours in a highly iterative, back- process. He described a set of str- the "fr-

4) Create your own table of contents

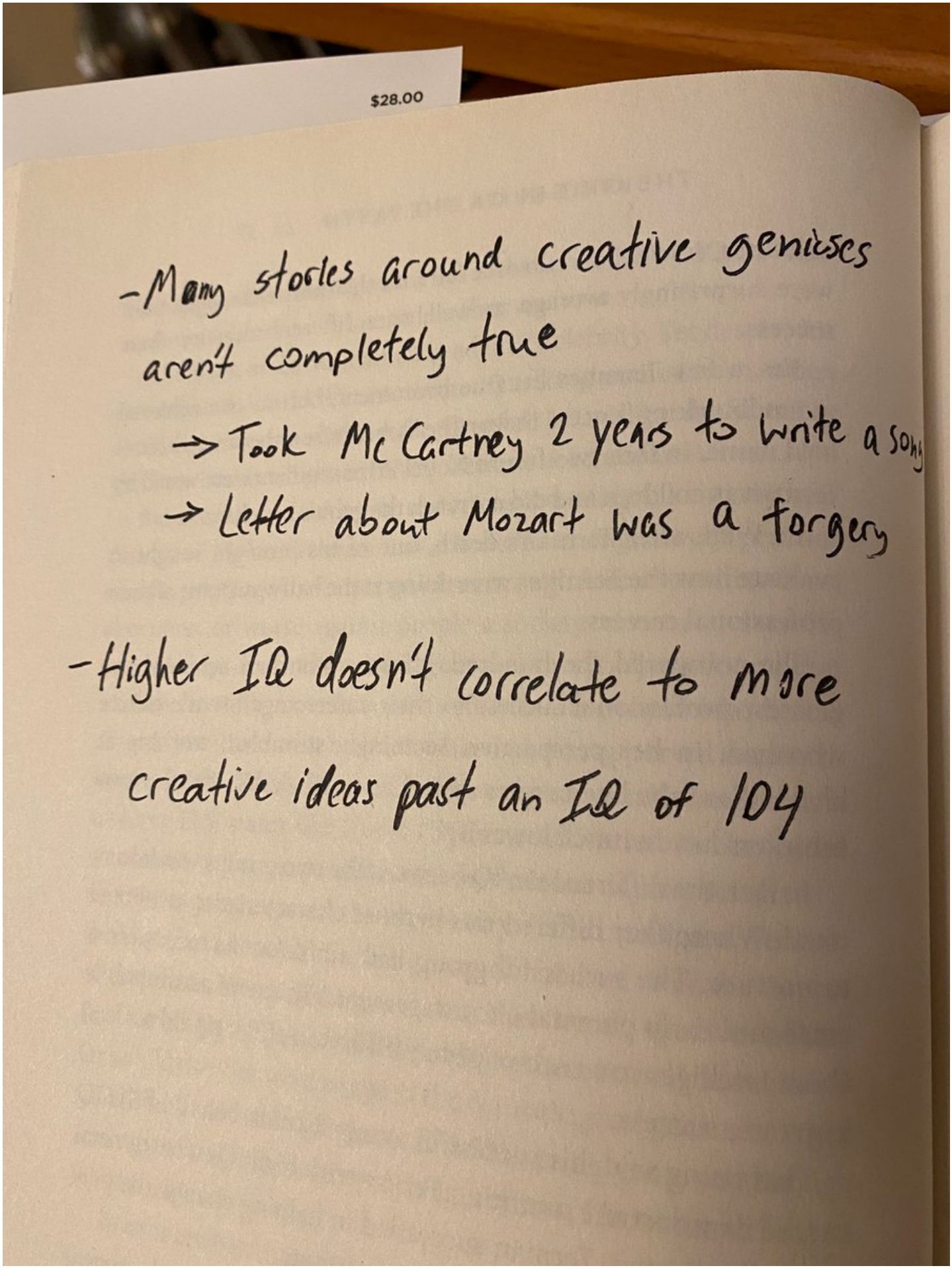
Once you highlight a passage, go back to the inside of the front cover and jot the page # and a few words describing the text.

If you put a star next to a highlighted passage, put a star next to it in your table of contents as well.



5) At the end of every chapter write down 2-3 key takeaways

This way you aren't just reading & highlighting passages, but rather you're actively recalling what you've learned. These takeaways will come in handy later as well.



6) Review before reading

Let’s say it’s the next day.

Before you start reading again, take a few minutes to remember what you learned from your last reading session.

If you’re having trouble, review your highlights & chapter takeaways.

(tip from “Limitless” by @jimkwik)

people don't schedule? Their personal growth and development. If it's not on your calendar, there's a good chance it's not getting done. It's too easy for the day to slip by with you "forgetting" to work out your body and brain.

KWIK START

Take out your calendar and enter your Limitless readings for the next seven days. Label these LIMITLESS ME, GENIUS TIME, BRAIN TRAINING, CONVERSATIONS WITH JIM, or anything else provocative enough to guarantee that you'll keep this date on your calendar.

R is for Review

One of the best ways to reduce the effects of the forgetting curve is to actively recall what you learned with spaced repetition. You are better able to retain information by reviewing in multiple spread-out sessions. Going over the material at intervals increases our brain's ability to remember it. To leverage this principle, before you begin your reading session take a moment, if only a few minutes, to actively retrieve what you learned the session before. Your brain will give greater value to the reviewed material and prime your mind for what's to come.

KWIK START

Before each reading, take a few minutes to talk about or write what you remember from the previous reading.

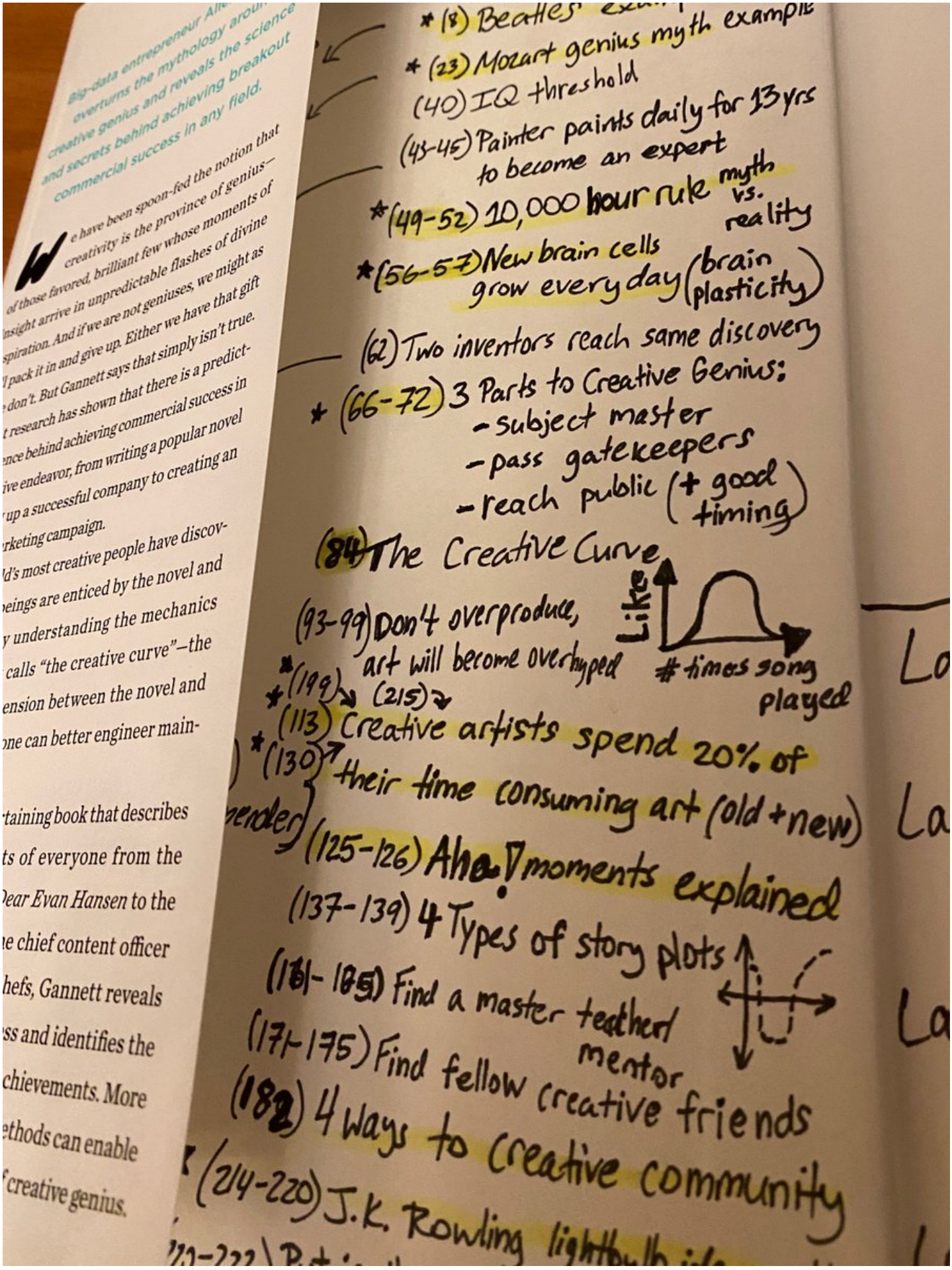
CHOOSE WISELY

The French philosopher Jean-Paul Sartre noted that, "Life is C between B and D," meaning that the life we live is the choices we make between the "B" of birth and the "D" of death. The pro-

found simplicity of that

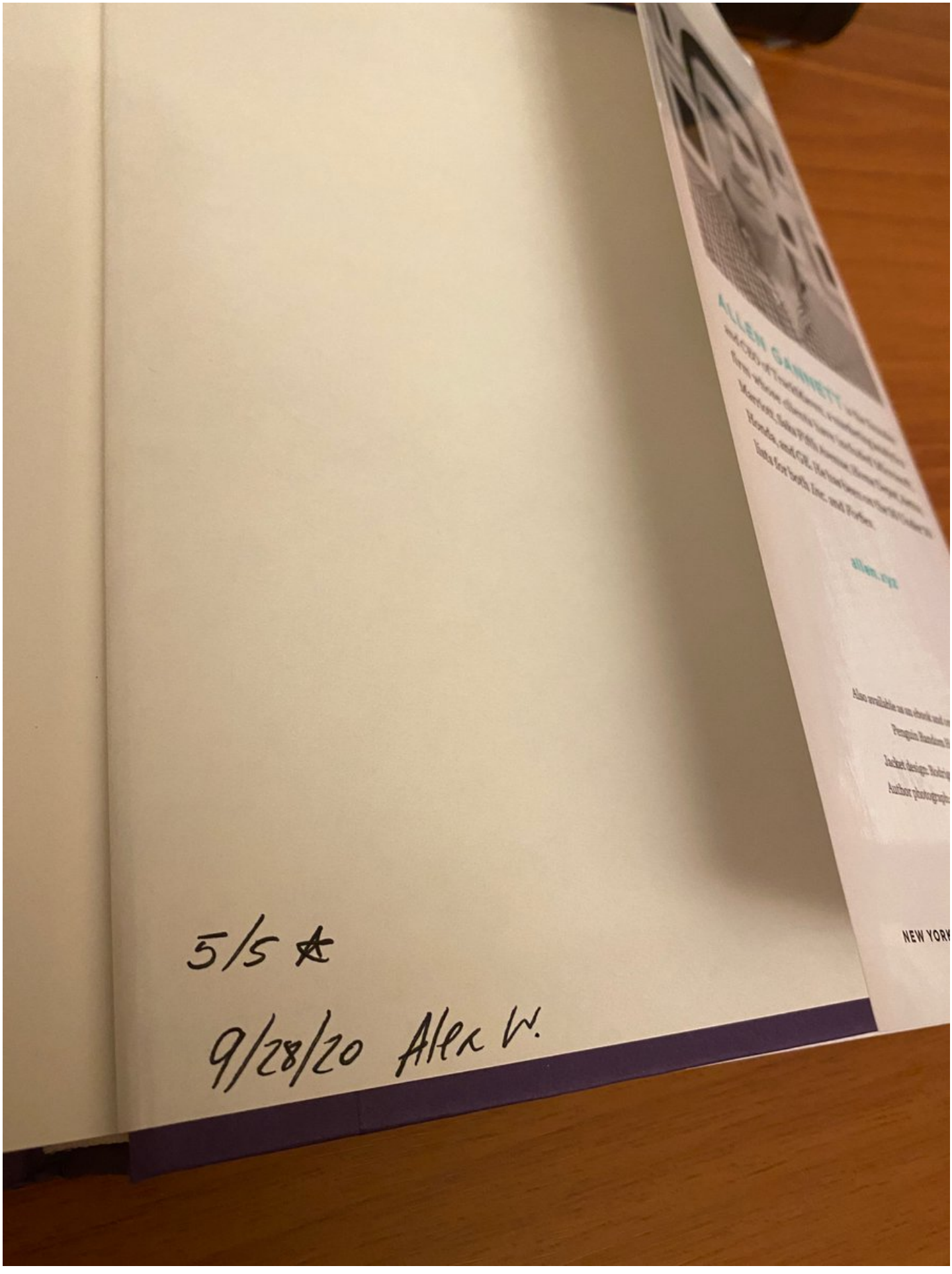
7) Repeat steps 2-6 until you finish the book

Once done you're done with the book, your table of contents will look something like this.



8) Date, signed, rated

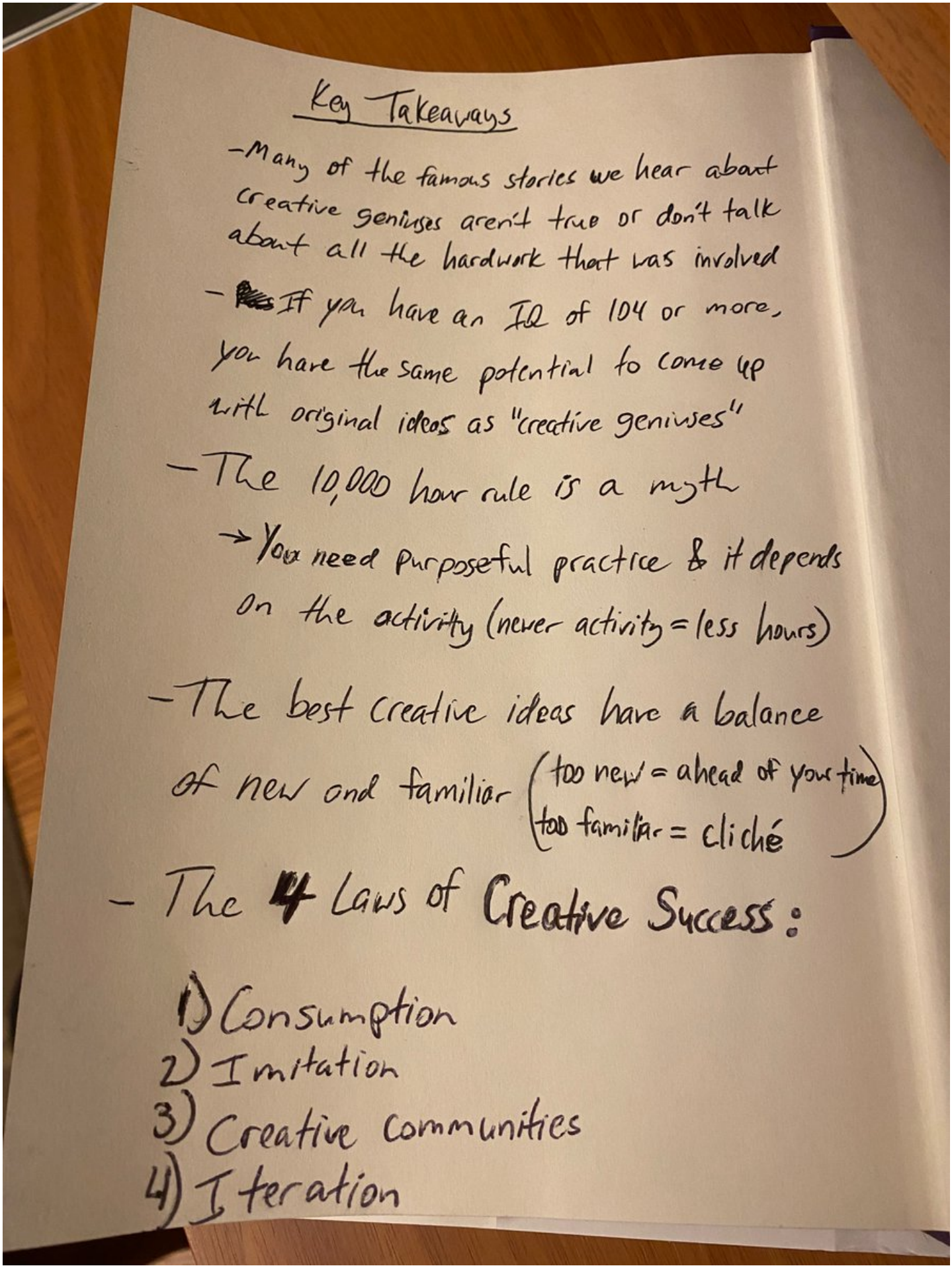
On the inside of the back cover, write the date you finished the book, sign your name, & give it a rating.



9) Final Key Takeaways

Use the left side of the back cover to write down the overall key takeaways of the book.

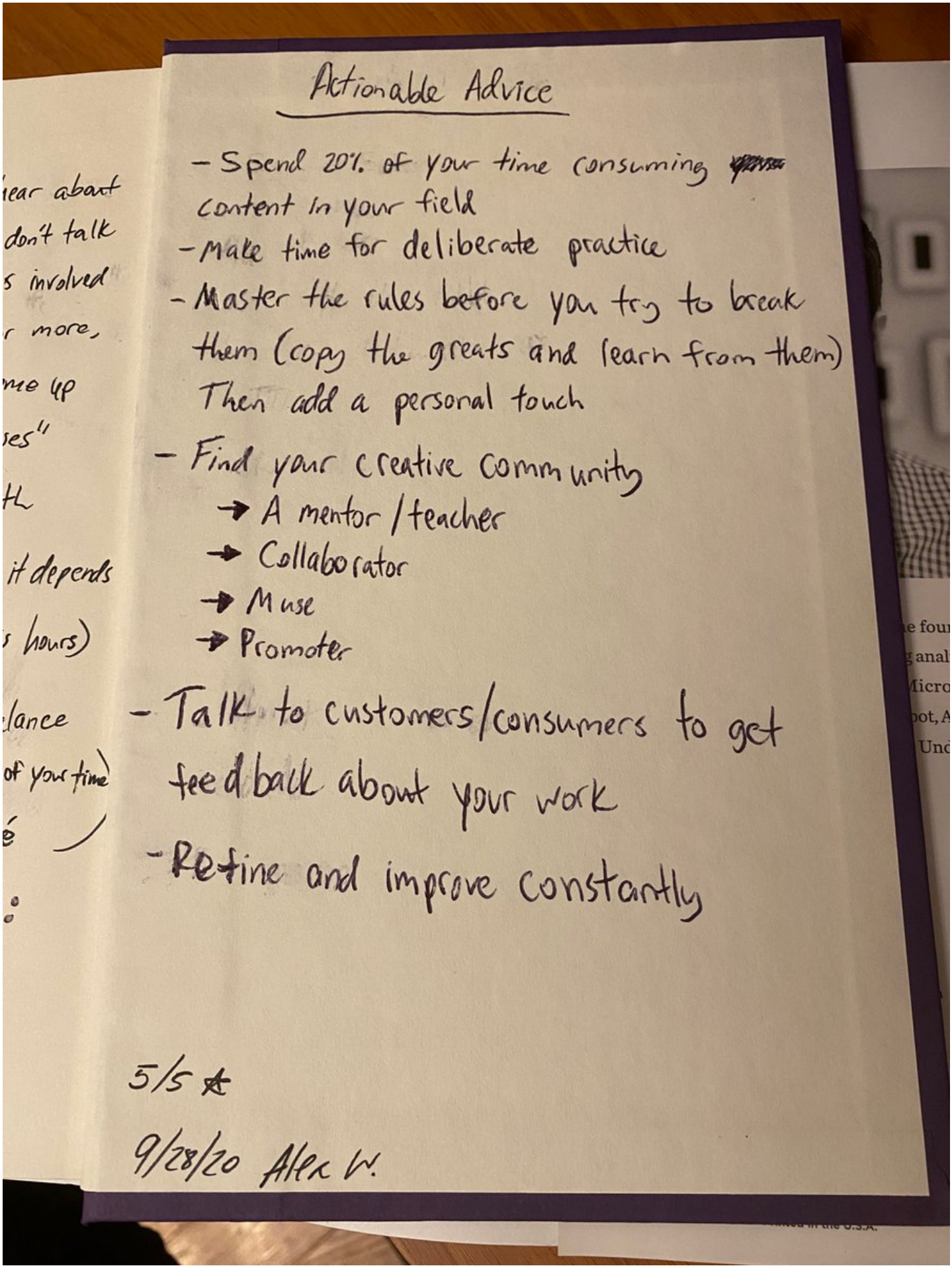
Go back to the chapter takeaways you wrote & pick out the ones most insightful to you.



10) Actionable Advice

Knowledge is only potential power. You need to make it actionable to make a difference.

Think of ways you can apply the lessons and knowledge you learned by turning it into actionable advice on the inside of the back cover.



And that's a simple guide to taking notes while reading.

There’s a more detailed version to come but in terms of the 80/20 rule, this 20% of work will give you 80% of the results.

What’s your reading & note taking process?

PS: On the off chance this goes viral, the working title is A.N.T.S:

• Alex’s Note-Taking Strategy

PPS: Every week I write a free newsletter where I share:

• The book I’m reading
• Actionable advice from it
• Reading tips & podcast updates

Consider joining 2,000+ readers here: https://t.co/7lQSijvU59