

Speed Reading

by Kam Knight

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

01 Measure your baseline WPM before doing anything else

Use an online reading speed test or time yourself on a 500-word passage. Record the result. You need a before-score to know whether the techniques are actually working.

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02 Practice RSVP reading for 5 minutes using the trainer on this page

Set the WPM 50 above your baseline. Let your brain adjust for the full passage. Work up gradually over sessions. This is the fastest way to break the subvocalization habit.

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03 Use a physical finger pacer for one full reading session

Place a finger or pen below the line you're reading and move it steadily - slightly faster than feels comfortable. This eliminates regression and trains your eyes to follow a consistent forward pace.

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04 Pre-read the next chapter you open: headings, first sentences, captions

Before deep-reading anything, spend 60 seconds scanning structure. Your brain primes comprehension pathways and the actual reading becomes dramatically faster and more memorable.

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05 Hum quietly while reading for 10 minutes

This is one of the most effective subvocalization breakers available. Occupying your vocal apparatus with a low, steady hum forces your eyes to read without activating the inner voice.

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06 Commit to a 15-minute daily drill for the next 7 days

Speed reading is a motor skill. It only compounds with repetition. Set a daily 15-minute block - RSVP, chunk drills, or pacer reading - and treat it as skill practice, not study time.