

English III Honors Summer Reading Assignment

This summer, you are reading *The Power of Habit* (2014) by Charles Duhigg. We chose this book because it is extremely helpful in both your personal and academic lives. For this assignment, you will be writing a journal based on both the reading *and* your personal experience with a habit you will develop or overcome. Because this assignment will take around a month to fully complete, get started as soon as possible!

Section 1 (200-250 words)

After reading the book, identify the story or anecdote that personally spoke to you. Give a brief summary of the lesson it teaches and why this is interesting to you. How does this story motivate you with your own habits? Is there a personal behavior of your own that you wish you could change?

Section 2 (800-1000 words)

Identify either a habit you want to form (like exercising daily) or want to break (like checking your phone too much). Using the techniques found in the book, outline a concrete plan for this habit. Over the next three weeks, put your plan in action and journal the results. Since it takes around 21 days for a new habit to form (or to break an old one), check in with your journal at least once a week, or every seven days. Explain what is going well or what you need to focus on.

Section 3 (200-250 words)

Write a brief summary of how your plan worked. Did you successfully break or make the new habit? What techniques helped you the most? Was *The Power of Habit* overall useful to you, and do you plan to create or break other habits this year as well?