



WHY YOU MIGHT DNF A BOOK

A gentle reminder: stopping a book isn't failure. It's discernment.

Reading Fit & Feel (The Vibe Isn't Right)

- You're not connecting with the writing style.
- The tone feels too heavy for your current season.
- The pacing feels off or too slow.
- You don't enjoy the narrator's voice (for audio or written).
- The book feels confusing or disjointed.
- You can't remember anything you just read.
- It's not matching what you hoped it would be.
- You picked it up out of obligation instead of interest.
- It's not the right genre for your headspace.
- The story or topic feels emotionally draining.

Content Issues (It's Just... Not Working)

- The plot feels predictable or uninteresting.
- The characters feel flat, unlikable, or frustrating.
- The book includes themes or topics that feel uncomfortable or triggering.
- There's too much unnecessary detail or filler.
- The humor or worldview doesn't match yours.
- The message feels preachy or forced.
- It's not giving you the information you were looking for.
- The structure is hard to follow.
- You're not learning anything new.
- It's simply not fun.

more reasons to DNF a book...

Timing & Circumstances (Life Stuff)

- Your season of life changed and the book no longer fits.
- You're too tired or stretched to track the storyline.
- You can't give it the attention it needs right now.
- You started it at the wrong time.
- Your interests shifted mid-read.
- A different book is calling your name more strongly.
- You're in a reading slump and need something lighter.
- You need a break from the genre or topic.
- You picked it up too soon after another intense read.
- The book requires more mental effort than you have right now.

Practical Reading Realities (Logistics Matter)

- You don't own the book anymore or had to return it to the library.
- The digital formatting is difficult to read.
- The audiobook narrator isn't working for you.
- You lost your place and don't want to start over.
- You forgot who the characters are.
- The chapters feel too long or dense for your available time.
- You misplaced the book and haven't found it yet.
- The book keeps getting bumped by more compelling reads.
- You realized you were forcing yourself to finish only because you started.
- You're giving yourself permission to stop because joy matters more than completion.



Finishing a book isn't the goal; finding what truly engages you is. Your reading life gets richer when you follow your interest, not your guilt. Let go when you need to, and enjoy the books that make you come alive.

READING TRACKER

GOAL

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I DIDN'T
READ



I READ



I FINISHED
A BOOK!

READING LOG

Year -

DATES	BOOK TITLE	AUTHOR	RATING

READING JOURNAL

Book title: _____

Author: _____

Genre: _____

Date started:

Date finished:

What I expected from this book:

Why does this book catch my attention?:

reflections:

Notes:

*Fill in the circles

How much I liked the book:



READING JOURNAL

Summary of what I read:

Reflections on the book:

Recommendations:

Notes:
