

20 Personal Reading Challenges for Adults

Get inspired to discover new books while nudging yourself out of your comfort zone with these book challenges.

1. Go to a park or nature preserve to read.
2. Read nonfiction related to your heritage.
3. Read a book with a cover that elicits a sense of foreboding.
4. Ask your librarian for a recommendation and read that book, no matter what it may be.
5. Read a biography of someone who shares your first or last name.
6. Read a book on your commute.
7. Reread your favorite book from college.
8. Read about a hobby that interests you. Then try it for yourself.
9. Read a nonfiction book from before 1969. Then compare and contrast the ideas and cultural norms of that time with today's.
10. Read a work of dystopian fiction. How did the dystopia come about, and could it have been avoided?
11. Find a movie or show that was not executed well. Read the source material book. Was the book better? If so, what was lost in translation?
12. Read a nonfiction book pertaining to life in cultures outside your own. How do the subjects' daily lives compare with yours?
13. Choose a Dewey Decimal number between 100 and 999 to find your next read in the realms of philosophy, social science, religion, languages, natural science, applied science, arts/recreation, literature and geography/history.
14. Read a famous politician's autobiography. How do the subject's opinions compare with your own?
15. Learn a new dish from a foreign cuisine book. Make it for your family or friends.
16. Choose a piece of realist literature from France, Russia or the Czech Republic. How does the story reflect the author's daily life, worldview and geopolitical situation?
17. Find an author from near your hometown and read something this person has written.
18. Read a nonfiction book where someone of a different gender is the focus of the story or biography.
19. Start a book club with one or more friends and meet regularly.
20. Read your dad's favorite book from college.

