Prepare
Are you ready?
• Check your attitudes and beliefs
• Get curious and ask yourself questions
Is your physical space ready?
• Good lighting
• Seated comfortably
• Mind Map started with colored pens
• Uncluttered area

Super-Scan
Are you previewing the reading?
• Move quickly
• Scan pictures, graphs, titles, headers, important words
• Super-scan entire reading

Read
Are you using your visual guide?
• Read the text, line-by-line, using your visual guide

Review
Are you reviewing what you just read?
• Go over your Mind Map out loud or with a friend
• Tell back what you just read

Q-Up
Are you focused?
• Pull up
• Picture
• Breathe
• Release

Use this as a reminder of the Quantum Reading Process.
Once you practice this sequence a few times, it will be quick and natural.
Say this to yourself or out loud as you get ready to read:

Attitude check!
Q-Up
Pull Up
Picture
Breathe
Release

Open your eyes and use your visual guide to Quantum Read.