

**EXPERIENCE BASED DISCUSSIONS**

**(AN INITIATIVE OF WITTY WRITERS' WORLD)**



# READING CULTURE; A TOOL FOR PERSONAL DEVELOPMENT

*An experience based discussion with Oluremi Isaac, a Book therapist and Personal Development*

*coach*

The poster features a background of a city skyline with a cartoon girl reading a book. It includes the Witty Writers' World logo, a 'March Edition' badge, and a central title box. At the bottom, there are circular portraits of the facilitator and host, along with their names and roles. The event details are listed in a blue bar at the very bottom.

**WITTY WRITERS' WORLD**

**MARCH EDITION**

**EXPERIENCE BASED DISCUSSIONS**  
(AN INITIATIVE OF WITTY WRITERS' WORLD)

**TOPIC: READING CULTURE**  
**A TOOL FOR PERSONAL DEVELOPMENT**

**OLUREMI ISAAC**  
FACILITATOR  
BOOK THERAPIST

**O. J. AWODIREPO**  
HOST  
FOUNDER,  
WITTY WRITERS' WORLD

**DATE: 15TH MARCH, 2020**  
**TIME: 8PM**  
**VENUE: WITTY WRITERS' WORLD WHATSAPP GROUP**

Mr Isaac: I was asked to talk on Reading Culture: a tool for Personal Development. Our performance and what we see ourselves becoming in life is attached to our personal development.

*Just as water is very important to the body system so also is personal development to your growth. Without growth you can't be relevant, you can't make impact and you can't be valuable to your world. Your helpfulness, usefulness and genuineness are attached to your growth.*

Knowing the foundation of personal development will help us to cultivate a good reading culture.

You can't go, grow and succeed past the level of your growth. Personal development is a key to attain excellence in life. If you are not growing in life then be ready to drown in the river of ignorance and folly.

### **What is personal development?**

Personal development covers activities that improve awareness and identity, develop talents and potential, build human capital and facilitate employability, enhance the quality of life and contribute to the realization of dreams and aspirations.

There are three 'D' processes of personal development you must follow:

1. Discovery
2. Development
3. Deployment

However, where I am going focus on is the 'Development'.

In developing your discovery there are five 'sets' you must develop:

1. Mind-set
2. Heart-set
3. Soul-set
4. Health-set
5. Skill-set

Understanding the basis of personal development will help in reading effectively. Understanding this basis is what has helped me so far in reading books effectively, productively and profitably.

What I want to deal with here is the mind-set.

Mind-set is your faculty of reasoning and this is so important because it speaks a lot about the state of your mind.

Your mind-set is your collection of thoughts and beliefs that shape your thought habits. And your thought habits affect how you think, what you think and how you think.

Your mind-set impacts how you make sense of the world and how you make sense of yourself. You can't make sense to your world if you don't develop your mind-set.

### **The question is how can we develop our mind-set?**

We can develop our mind-set through training, reading, listening to messages or podcast, having a mentor or joining a mastermind group.

I love reading books because it has helped me so much in my growth process.

I started reading books in 2013, but I got into the culture of reading books 2017 where I read 70 books. In 2018, I read 60 books, in 2019 I read 60 books and in 2020 I am currently reading my 11th book.

I interact with books very well and it has helped me develop my mind-set and increased my impact and value delivery.

Investment in reading books is one of the core foundations of mind-set development, don't be big in body status and empty in your mind-set, a lot of value are packed up inside books.

***Show me a man that is investing in reading books and I will tell you that man is working on a path of success.***

My generation, it is high time we embraced wisdom and left frivolities, it is high time we started feeding ourselves with value and productive things and this can be achieved through reading of books.

***My generation, we can only do better if we know better.***

Reading books enhances growth, informs you and speeds your way in life if you get the concept of book reading.

***Mention any great minds that do great things and impact the world without reading books.***

Sam Adeyemi said ***“Information is the key to transformation. You can gain access to superior information by relating with successful people”***.

One of the best ways to relate with great minds is through reading of great books and by interacting with greatness, you become great.

One of the easiest and cheapest methods to develop self is through reading of books. The cheapest mentors you can ever have is to read a book.

*I have searched and searched and one thing I discovered about successful people is their ability to invest in themselves through reading of books.*

No personal growth without investing in reading books. Book is one of the important and basic ingredients of personal development. Just like if there is no food in the system of human body there won't be growth there won't be strength, with time it will be in an empty state and with time if there is no food still that human being can die of hunger. We need to keep feeding our knowledge bank to keep our growth growing.

Our minds are shaped by the books we read. Jack man, Donald trump, Michelle Obama, Abraham lincon, Bill gate, Aliko dangote, warren buffet, name anybody, they all invested in book reading.

Book is a source of information and accumulation of information form knowledge.

Knowledge + Action = Manifestation and Explosion.

Book reading is an Art to Act

## **WHAT IS READING CULTURE?**

Reading culture refers to habitual and regular reading of books and information materials.

A reading culture can be best explained as a learned practice of seeking knowledge, information or entertainment through written words. Such practice can be acquired by reading books, magazine, journals and newspaper. Compile from Google.

Reading books is one of the cheapest self-education you can ever enrol yourself into and the cheapest mentor you can ever have.

Cultivating a reading culture is very simple though not easy, but it is possible. Studying the lives of every successful personality in various fields and various spheres of life, one unique thing and common among them is their ability to invest in themselves through reading.

## **Why is reading books important?**

Books play a significant role in our life. A saying goes thus "*when you open a book, you open the world*". I believe that everyone would agree with this statement as books have become inevitable to mankind. For the majority of people, books are part of there every day life.

*A book is like a best friend who will never walk away from you. Books are packed with knowledge, insights into a happy life, life lessons, love, prayer and helpful advices.*

## **Why do people find it difficult to read?**

Though majority are lazy to read but some are finding it difficult to read books. The reason is simple. Majority do not understand the reading codes.

### **Reading code One**

The best way to read is to read. So simple, the best way to read is to read just like the best way to eat is to eat.

### **Reading code Two**

You can only read effectively and efficiently according to what you are passionate about. You can only read in line of your line.

*Don't just read anything, read according to your passion, according the work you are doing, read according to your line.*

**W3:** Read according to your passion... Yes, I hear that.

**Mr Isaac:** This is very important. The reason why book reading bores people is because they are reading the book they are not supposed to read.

**W3:** Hmmnnnn... I see

**Mr Isaac:** You can't gain anything from a book in which you don't have interest.

Read in line of the business you are doing.

Reading wrong book won't profit you.

That is why some people say “*book na scam*” because they are not reading book in their line and the book doesn't profit them.

### **Reading code Three**

Don't just read the easy stuff, you may be entertained by it, but you will never grow from it.

*Read what will add value to you, read what will make you productive, read what will make you profitable.*

Read what will add value to you, read what will make you productive, read what will make you profitable. I don't just read any book. I read what will add value to me.

## **Reading code Four**

You are what you are committed to and consistent with. You must be consistent and committed in reading daily.

This is what I do. I make sure a day will not go without me reading books. Since 2017 till now, a day has not gone without me reading books. Anywhere I go you will always see book with me, PDF and hard copy.

I am reading my 11th book of the year now and all of them are top notch.

**W3:** I'm challenged

## **UNBREAKABLE DOs AND DON'Ts OF READING**

- Make sure you read every day, at least, 1hour a day. You can start with 1hour out of 24 hours to invest in yourself. Break the one hour into 20 minutes – morning afternoon and evening. Do this consistently you will see the wonder it will do to you.
- Don't read when you are stressed out, you won't gain anything. Relax your mind to read effectively.
- Don't read what is not in your line except you are already a pro in reading just to gain more knowledge, but for beginners don't try it.
- Do act what you read. Reading is an art to act. Reading books is a call to action.

In conclusion for tonight, let's see **The laws of C and D to practice daily in order to enhance your reading culture.**

These are laws you must not break:

- The laws of choice
- The laws of decision
- The laws of concentration (Focus)
- The laws of determination
- The law of Commitment
- The law of Discipline
- The law of Consistency
- The law of diligence

I don't really have time to explain each of these laws. These are all the laws that have helped me to read effectively so far.

I do train people on how to read their personal development books.

Know this, you can't grow if you don't invest into yourself and to invest in yourself you must read books.

Thank you for having me, I am done for tonight. I remain myself Oluremi Isaac.

Thank you

**W3:** Bless you sir

## **Qs and As**

### **Question 1:**

**W3:** Why is it that sometimes you read and still get bored even when it's in one's mind to read, and it's as well in line with one's course?

**Mr Isaac:** Thanks for this question.

If it is in your line of course then you need concentration and focus. And if you focus and you still get bored, find someone that understands it better than you do and let the person explain to you.

It does happen sometimes like that.

Thanks.

**W3:** Cool... It means reading can become boring when one doesn't understand what one is reading. And to get out of that, one might need the help of someone who understands it better.

Well gotten.

**Mr Isaac:** Correct sir.

### **Question 2**

**W3:** What type of books can benefit a student from humanities?

**Mr Isaac:** Is it for secondary school or Tertiary institution please?

**W3:** Tertiary.

**Mr Isaac:** Is it academic or self-book? I am asking because I need to be sure so that I can give out the best option now.

**W3:** Let's look at it from both sides sir.

**Mr Isaac:** I am not in the best position to recommend academic books; that is not my core competence. You may have to meet your academic mentor. I only deal with self-help and personal development books. For this, I can recommend such books as:

- Purpose driven life by Rick Warren
- The monk who sold his Ferrari by Robin Sharma
- Master your time, master your life by Brian Tracy.

### **Question 3**

**W3:** Can you please say a bit on the law of choice and decision?

**Mr Isaac:** The law of choice says that whatever you choose to do you will surely do it.

And the law of decision say whatever you decide to do with determination in your heart, you will always do it. For every choice you choose to make there is always a consequence whether positive or negative and for every decision there is always a destination whether positive or negative.

### **Question 4**

**W3:** How do you manage combining your daily activities with getting to read every day?

**Mr Isaac:** I know my daily priorities and I follow them squarely with the help of discipline and my friend who is my accountability partner.

**W3:** Hmmnnnn... That means there is a checkmate. That's impressive.

**Mr Isaac:** Yes sir, my friend is near me now monitoring what I'm doing.

## **APPRECIATION**

On behalf of Witty Writers' World, we would like to deeply appreciate Mr Oluremi Isaac for taking out time to be with us tonight despite her very tight schedule.

We are really grateful for the honour and respect given to this platform. Keep increasing in everything that is good and of good report sir.

We cherish and honour you.

## ABOUT WITTY WRITERS' WORLD

**Witty Writers' World** is an NGO (officially registered with the Corporate Affairs Commission) borne out of the desire to encourage everyone who has embraced or wishes to embrace the art and act of making him/herself heard through any creative means.

**Witty Writers' World** is more of impact oriented. At Witty Writers' World, we help train writers and aspiring writers to maximize the power of their pen. For those who already write well, we create a 'push avenue' to make them write more meaningfully. Creativity is key and bringing out the originality in an individual is our core value.

We write to make impact in people's life. We write to correct, inform, educate, motivate and inspire others. And there is room for everyone who wants to be read by a larger community of readers. We achieve this by making use of every social media platforms available to share the works of individuals so many can read and be blessed.

Welcome to **Witty Writers' World** where everyone has a unique voice and style, where originality and creativity are highly appreciated. We are interested in encouraging all creative writers across the globe to make themselves get read by a large community of readers all over the planet through all the available social media platforms we operate. You never can tell who your works are inspiring. The joy of writing is having people who can read and appreciate them. For this reason, Witty Writers' World wishes to give a louder voice to the pen of every writer who desires and is passionate about imparting the world of young people (youths and teenagers) through articles, short and educative stories, poetries of any form, original quotes and inspirational/motivational write-ups.

Contact us

<https://wittywritersworld.com> .

[wittywritersworld@gmail.com](mailto:wittywritersworld@gmail.com)

08129885198



+ Follow us



 @Witty\_writers

 Wittywritersworld

 Wittywritersworld

<https://wittywritersworld.com>

## Welcome to the Witty Writers' World

We write not just because we feel like writing but because we love to inspire and touch lives through the power of our pen.

We think, we meditate, we write and do that wittily.

Are you also a writer and wish to mingle with other writers?

Do well to send us a mail [wittywritersworld@gmail.com](mailto:wittywritersworld@gmail.com) or 08129885198 via WhatsApp.