

从《好好读书》中学到的自律与成长

上周末，我在朋友的推荐下观看了《好好读书》。之所以选择这部影片，是因为近年来我常常感到学习效率低下，缺乏明确的目标。朋友说，这部影片能够让人重新认识读书的意义，同时激发自律和自我管理的意识。

影片主要围绕如何科学地规划学习时间、建立学习习惯以及树立清晰的目标展开。通过几个具体案例，影片展示了普通人在努力读书过程中遇到的困惑与挑战，同时也呈现了他们如何通过调整方法和心态逐步获得进步。影片强调，读书不仅是获取知识，更是一种对自己负责的行为。它提出了‘每日读书一小时’、‘制定阶段性学习目标’以及‘反思总结习惯’等实用建议，让我感到这些方法切实可行。

观看过程中，我不断反思自己的学习方式。过去，我经常被琐事干扰，缺少系统规划，学习容易半途而废。影片让我意识到，自律并非天生，而是通过小习惯积累形成的。比如，每天按时阅读、做好笔记、定期回顾，这些看似简单的动作却能逐渐改变学习效率。同时，影片也让我明白了设立明确目标的重要性，目标不仅指向知识积累，更是自我成长的标尺。没有目标的学习容易迷失方向，有目标的学习才会有动力和成就感。

观影结束后，我为自己制定了一份具体的行动计划：每天早晨保证半小时阅读，晚上复盘当天所学内容，每周末总结一周进度，并调整下一周的目标。我希望通过持续执行，让读书不仅停留在表面，而真正成为提升自我能力和思维方式的工具。总的来说，《好好读书》不仅让我看到了科学学习的方法，更激发了我对自律和成长的深刻思考，也为我的学习生活提供了切实可行的指导。

Discipline and Growth Learned from 'Study Well'

Last weekend, I watched 'Study Well' on the recommendation of a friend. I chose this film because in recent years, I often felt low learning efficiency and a lack of clear goals. My friend said that this film could help people rediscover the meaning of studying while inspiring self-discipline and self-management awareness.

The film mainly focuses on how to scientifically plan study time, establish study habits, and set clear goals. Through several concrete cases, it shows the confusion and challenges ordinary people face while trying to study, and how they gradually make progress by adjusting methods and mindsets. The film emphasizes that studying is not only about acquiring knowledge but also an act of taking responsibility for oneself. It offers practical suggestions such as 'read for one hour daily,' 'set phased study goals,' and 'develop the habit of reflection and summary,' which feel highly feasible.

While watching, I kept reflecting on my own learning methods. In the past, I was often distracted by trivial matters and lacked systematic planning, making it easy to abandon learning halfway. The film made me realize that discipline is not innate but

formed through small habits over time. Actions like reading on time, taking notes, and weekly reviews may seem simple but can gradually improve learning efficiency. Moreover, the film highlighted the importance of setting clear goals. Goals guide learning not only for knowledge accumulation but also as a measure of personal growth. Without goals, learning can be directionless; with goals, it becomes motivating and fulfilling.

After watching, I made a concrete action plan for myself: half an hour of reading every morning, reviewing the day's learning at night, summarizing weekly progress on weekends, and adjusting goals for the next week. I hope that by persistently following this routine, studying will not only be a superficial activity but a real tool for enhancing personal skills and thinking. Overall, 'Study Well' not only taught me scientific study methods but also inspired deep reflection on discipline and growth, providing practical guidance for my learning life.