



## PERSONAL GOALS & PROGRESS WORKSHEET

*This worksheet will help you keep track of your progress, while maintaining your motivation and keeping you engaged with the course. Throughout the course, you will come to understand how essential proper goals and self motivation are; don't skip this worksheet, and make sure to fill it out after you complete each week's assignments from the PDF syllabus!*

1. Write out 3-5 specific goals that you would like to accomplish... for example, would you like to double your reading speed? Be able to remember the names of 10 new people in a social event? Be able to read 2 new books every month? Make these goals realistic, but also challenging.

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2. Why would you like to accomplish these goals? How will doing so improve your life?

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3. What is one time that you have felt you could benefit from improved learning or memory skills? How did you feel?

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4. Who are 2-3 people (in your life or in the public sphere) whom you admire for their intelligence and ability to learn new information?

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5. What are the 5 questions that you want to be able to answer whenever you read a new piece of information?

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# WEEKLY PROGRESS TRACKER

*Throughout the course, we will be testing your reading speed, memory, and comprehension. Make note of these changes and improvements here as you go along.*

## **Week 1:**

Reading & Diagnostic Worksheet #1:

Reading Speed: \_\_\_\_\_

Comprehension: \_\_\_\_\_

What areas would you like to see improvement on?

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## **Weeks 2-3:**

Write a brief reflective statement below about what you've learned this week, how you feel it can impact you, and your level of motivation to continue working hard in the course. Be honest with yourself. If you are struggling with motivation, refer back to your goals and reasons for starting this course on the first page of this worksheet.

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**Week 4:**

Have you noticed improvements in your memory and focus?

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Make notes to yourself of any changes or progress you've experienced over the last weeks, specifically in your ability to remember new information. Try to think of a specific instance or real-life example in which you experienced this change.

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What are your hopes for the rest of the course?

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**Week 5-6:**

Reading & Diagnostic Worksheet #2

Reading Speed: \_\_\_\_\_

Comprehension: \_\_\_\_\_

What areas would you like to see improvement on?

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Have you begun to notice an improvement in your reading comprehension? How will this help you accomplish the goals you set out in the beginning of the course?

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How will you maintain motivation as we tackle speed reading in the coming weeks?

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**Week 7:**

Reading & Diagnostic Worksheet #3

Reading Speed: \_\_\_\_\_

Comprehension: \_\_\_\_\_

What areas would you like to see improvement on?

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Have you begun to notice a significant improvement in your reading speed and comprehension? If so, when did you notice it?

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How will this help you accomplish the goals you set out in the beginning of the course?

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**Week 8-10:**

Look back at your goals once more. Have they changed? Which ones are you still committed to?

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Upon looking at your goals, which of the lectures in weeks 8-10 are particularly important to you?

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How will you motivate yourself to continue improving and applying your skills to more aspects of your life?

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