```javascript
// Function to add a new goal to the goal list
document.getElementById('add-goal').addEventListener('click', function() {
    const goalInput = document.getElementById('goal');
    const goalText = goalInput.value;

    if (goalText.trim()) {
        const goalList = document.getElementById('goal-list');
        const listItem = document.createElement('li');
        listItem.textContent = goalText;
        goalList.appendChild(listItem);

        goalInput.value = ''; // Clear the input after adding the goal
    }
});

// Optional: Track user's self-assessment form inputs
document.getElementById('self-assessment-form').addEventListener('input', function() {
    const reading = document.getElementById('reading').value;
    const writing = document.getElementById('writing').value;
    const speaking = document.getElementById('speaking').value;
    const listening = document.getElementById('listening').value;

    console.log('Reading:', reading, 'Writing:', writing, 'Speaking:', speaking, 'Listening:', listening);
});
```