



# PERSONAL GOALS WORKSHEET

*This worksheet will help you keep track of your progress, while maintaining your motivation and keeping you engaged with the book material. Throughout the book, you will come to understand how essential proper goals and self motivation are; don't skip this worksheet if you're serious about your learning goals!*

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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**SUPERHUMAN  
ACADEMY**



# PERSONAL GOALS & PROGRESS WORKSHEET

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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