

Welcome to Your Reading Journey!

This workbook is designed to help you discover your reading style and set goals to improve your reading skills. Through interactive activities and engaging questions, you will learn how to choose books that resonate with you, set achievable goals, and develop a personalized reading plan.

Section 1: Understanding Your Reading Style

Take a few minutes to reflect on your reading habits. Do you prefer:

- Reading fiction or non-fiction books?
- Reading alone or with a group?
- Reading in a quiet space or with background noise?
- Reading digitally or in print?

Reading Style Quiz

Complete the following quiz to identify your reading style:

1. When reading, I prefer to:
 - a) See the words and images
 - b) Hear the words and sounds
 - c) Feel the texture and weight of the book
2. My favorite type of books are:
 - a) Adventure and fantasy
 - b) Romance and mystery
 - c) Science and history
3. When I read, I like to:
 - a) Take my time and savor each word
 - b) Read quickly and finish the book fast
 - c) Discuss the book with others

Section 2: Setting SMART Goals

SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound. Write down a goal you want to achieve in your reading journey, making sure it meets the SMART criteria.

Goal Setting Worksheet:

Goal	Why is it important to me?	How will I achieve it?	By when?

Section 3: Creating a Personalized Reading Plan

Use the following template to create a personalized reading plan:

Reading Plan Template:

- Reading goal: _____
- Reading schedule: _____
- Strategies for overcoming challenges: _____
- Progress tracking: _____

Reading Log:

Date	Book Title	Pages Read	Reflection

Section 4: Reflection and Evaluation

Reflect on your reading journey and evaluate your progress.

1. What did you learn about your reading style?

2. How did you feel about setting SMART goals?

3. What challenges did you face, and how did you overcome them?

Conclusion

Congratulations on completing this workbook! Remember, understanding your reading style and setting goals is just the beginning of your reading journey. Stay committed, and you will become a more confident and proficient reader.

Additional Resources

Use the following resources to further support your reading journey:

- Reading style quiz answer key
- Goal setting worksheet template
- Reading plan template
- Reading log template

