

ACADEMIC EXCELLENCE ACCELERATOR PROGRAMME

HIGH FLYER MISSION PACK

DAY 1

Mission: Identity Builder

Purpose

Today's coaching session introduced one of the most important truths about academic excellence:

Your identity shapes your choices, your choices shape your habits, and your habits shape your future.

Now it is time to begin living your new identity.

This Mission Pack will help you practise what you learnt by strengthening your thinking, changing your language, involving your family and taking practical action.

Remember:

You don't become a High Flyer by accident. You become one through intentional daily choices.

MISSION OVERVIEW

Mission Title: Identity Builder

Estimated Time: 30–45 minutes (spread throughout the day)

Mission Objective:

To help students begin living their new academic identity through intentional thinking, purposeful actions and daily habits.



MISSION 1

Identity Mission

Write Your New Story

Every High Flyer has a story.

Today, you have decided to write a better one.

Complete the statements below.

My old academic story...

My new academic story...

Three words that describe the learner I am becoming

Reflection

Which part of your new story excites you the most?



MISSION 2

Action Mission

Live Your Identity

Choose one High Flyer quality to practise intentionally today.

- ☐ Discipline
- ☐ Confidence
- ☐ Responsibility
- ☐ Curiosity
- ☐ Persistence
- ☐ Focus
- ☐ Respect
- ☐ Integrity

My chosen quality

The logo for Young High Flyer Academy is a large, light grey watermark in the background. It features a stylized graphic of three people jumping or flying upwards, with a large arrow pointing upwards and to the right. The text 'Young High Flyer Academy' is written in a large, sans-serif font across the middle of the page.

How will I demonstrate this quality today?

Reflection

When was it easiest to live this quality?

When was it most challenging?



MISSION 3

Family Mission

Share Your New Identity

Talk with a parent, guardian or another trusted adult.

Tell them:

- The learner you want to become.
- One habit you want to improve.
- One limiting belief you are leaving behind.

Ask them these questions.

1. What strength do you already see in me?

2. Which habit do you think I should improve first?

3. What advice would you give me?

4. How can you encourage me during AEAP?

Reflection

What did you learn from this conversation?

Parent / Guardian Signature



MISSION 4

Evidence Mission

Show Your New Identity

Complete **at least one** of the following activities.

- ☐ Read your High Flyer Commitment aloud in front of a mirror.
 - ☐ Write your Identity Statement and place it on your study desk.
 - ☐ Share one positive belief about yourself with someone.
 - ☐ Organise your study materials.
 - ☐ Complete 20 minutes of focused study.
-

Evidence Log

Which activity did you complete?



How did it strengthen your identity?

Optional Evidence

Bring one of the following tomorrow.

- A photo of your Identity Statement.
 - Your organised study area.
 - Your written affirmation.
 - A short reflection.
-

HIGH FLYER CHALLENGE

The 24-Hour Identity Challenge

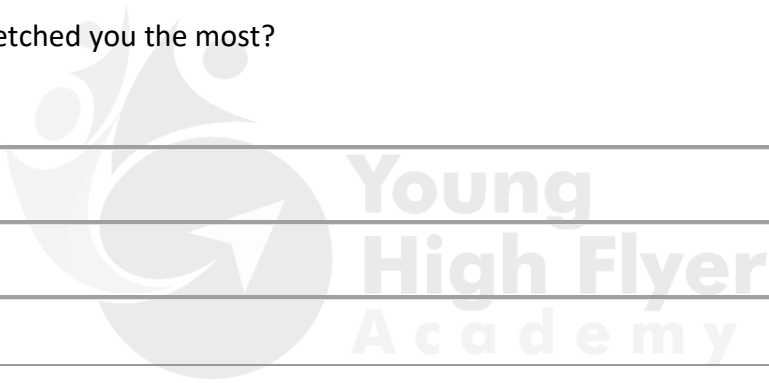
For the next 24 hours, intentionally think, speak and act like the learner you are becoming.

Complete each challenge.

- ☐ Replace one negative thought with a positive belief.
- ☐ Study for at least 20 focused minutes.
- ☐ Ask one meaningful academic question.
- ☐ Encourage another learner.
- ☐ Demonstrate your chosen High Flyer quality.

Reflection

Which challenge stretched you the most?



What did you discover about yourself today?

SELF-ASSESSMENT

Rate yourself honestly.

Statement	Yes	Not Yet
I completed my Identity Mission.	☐	☐
I intentionally lived my chosen quality.	☐	☐
I shared my new identity with someone.	☐	☐
I completed an Evidence Mission.	☐	☐
I completed the 24-Hour Identity Challenge.	☐	☐
I am ready for Day 2.	☐	☐



FINAL REFLECTION

Complete the sentence.

Today I proved to myself that...

The biggest identity change I made today was...



COACH'S FINAL MESSAGE

Congratulations on completing **Mission: Identity Builder**.

Today, you made one of the most important decisions of your academic journey: you chose to become a different kind of learner.

Remember, identities are not changed by one inspiring lesson. They are strengthened by consistent daily actions. Every time you choose discipline instead of excuses, curiosity instead of fear and responsibility instead of blame, you reinforce the identity of a High Flyer.

Tomorrow, you will build on this foundation by developing a clear academic vision. You will discover where you are going, why it matters and how a compelling vision gives direction to every decision you make.

"Become the learner first. The results will follow."



HIGH FLYER DAILY CHALLENGE CARD

DAY 1

Theme: Academic Identity

Challenge Title

Become the Learner You Choose to Be

Today's Challenge

Every High Flyer understands one powerful truth:

Excellence begins with identity.

Before your grades improve, your thinking must improve.

Before your habits change, your identity must change.

Today, your challenge is to intentionally think, speak and act like the learner you have decided to become.

Don't wait until you feel confident.

Start living your new identity today.

My Identity Statement

Complete the sentence.

Today I choose to become a learner who is...

My One Identity Action Today

Choose one meaningful action that reflects the learner you are becoming.

Examples:

- Replace a negative thought with a positive belief.
- Revise for at least 20 minutes.
- Ask one meaningful academic question.
- Encourage another learner.
- Organise my learning materials.
- Complete all my assignments before relaxing.

My action today is:

My Success Plan

When will I complete it?

Where will I complete it?

How long will it take?

My Accountability Partner

Who will encourage me today?

- ☐ Parent
- ☐ Guardian
- ☐ Teacher
- ☐ Friend
- ☐ Sibling
- ☐ Coach

Name:

Identity Check-In

Before you go to bed, complete this reflection.

Did I complete today's action?

- ☐ Yes
 - ☐ Not Yet
-

If YES...

What helped me stay committed?

If NOT YET...

What stopped me?

What will I do differently tomorrow?

High Flyer Power Question

Throughout today, ask yourself:

"Does this thought, word or action reflect the learner I want to become?"

One moment I chose to live my new identity:

Identity Victory Box

Celebrate one success from today.

Remember, every small victory strengthens your identity.

Today I'm proud that I...

Coach's Encouragement

Remember the **High Flyer Academic Identity Framework**.

- **Academic Self-Image** – See yourself as a capable learner.
- **Academic Beliefs** – Believe improvement is possible.
- **Academic Agency** – Take responsibility for your learning.
- **Academic Standards** – Choose excellence in your daily work.
- **Identity Expression** – Live your identity through consistent actions.

Every positive choice strengthens the learner you are becoming.

Today's High Flyer Quote

**"You don't become excellent by chance. You become excellent by choice,
one decision at a time."**

Challenge Completion

Student Name: _____

Date: _____

Completed

☐ Yes ☐ Tomorrow I'll Finish

HIGH FLYER REFLECTION JOURNAL

Theme: Academic Identity

Reflection Theme: Becoming the Learner I Choose to Be

Before I Begin...

Take a few quiet moments to think honestly about today's coaching session.

Today was about much more than improving your grades. It was about changing the way you see yourself as a learner.

Reflection helps you understand yourself, strengthen your thinking and prepare for lasting growth.

Be honest.

This journal is for you.



SECTION 1

Looking Back

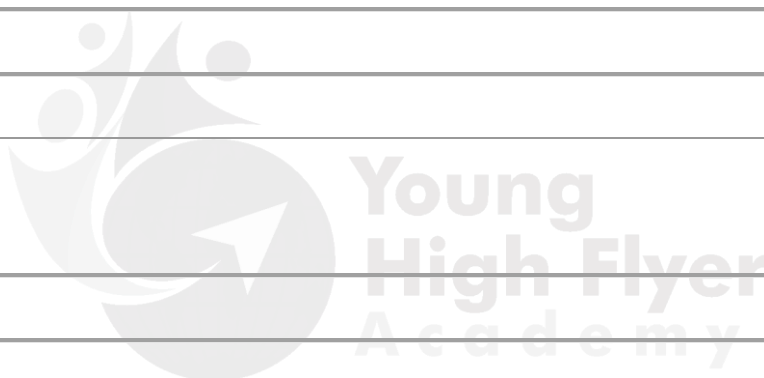
What did I learn today?

Write three important lessons from today's coaching session.

Lesson 1

Lesson 2

Lesson 3



Reflection

Which lesson do I believe will have the greatest influence on my academic journey?

Why?

SECTION 2

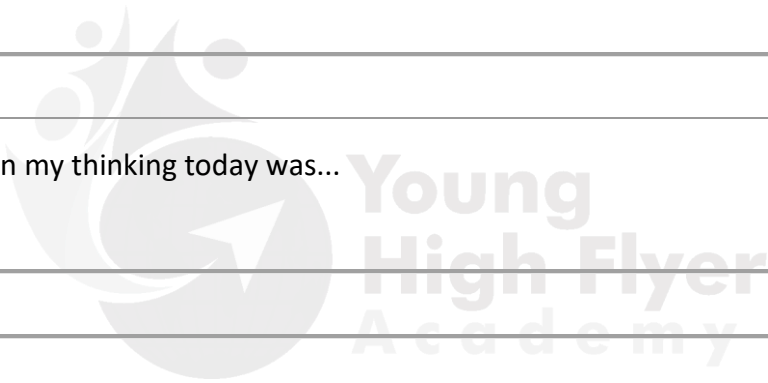
My Biggest Discovery

Complete each sentence honestly.

Before today, I believed...

Now I understand...

The biggest change in my thinking today was...



SECTION 3

My Identity Reflection

Think about the learner you are becoming.

I am becoming...

I am capable of...

One limiting belief I am leaving behind is...

One new belief I am choosing is...

Reflection

Which new belief will make the greatest difference in my life?

Why?

SECTION 4

My High Flyer Identity Reflection

Think about the **High Flyer Academic Identity Framework™**.

Academic Self-Image

One positive way I now see myself is...

Academic Beliefs

One belief I have changed today is...

Academic Agency

One responsibility I am choosing to take is...

Academic Standards

One standard I will begin living by is...

Identity Expression

One action that will demonstrate my identity tomorrow is...

SECTION 5

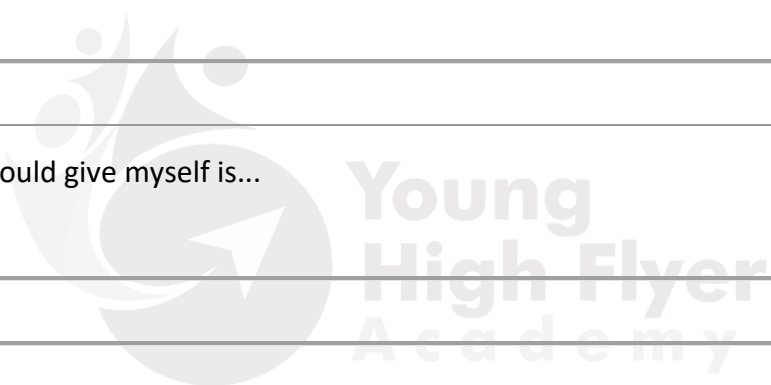
Celebrating Progress

Growth begins with recognising progress.

Today I am proud that I...

One strength I discovered about myself today is...

One compliment I would give myself is...



SECTION 6

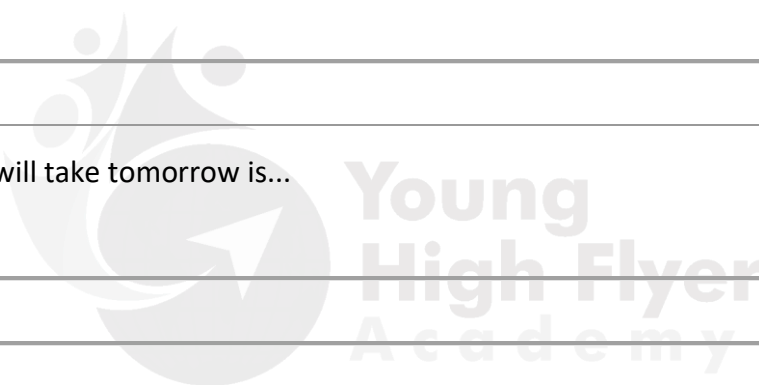
My Growth Edge

Every learner has an opportunity to grow.

The one habit I most need to improve is...

Why is this important?

One practical step I will take tomorrow is...



SECTION 7

Gratitude

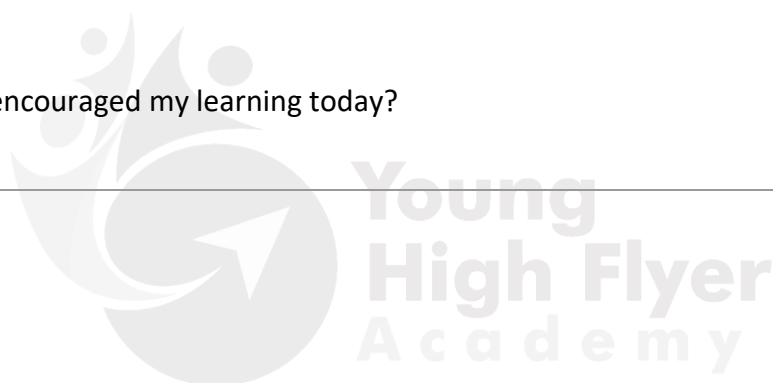
Growth becomes more meaningful when we appreciate those who support us.

Write the names of three people you are thankful for today.

Person	Why I Am Thankful

Reflection

How has someone encouraged my learning today?



SECTION 8

Letter to Tomorrow

Complete your message.

Dear Tomorrow,

Tomorrow I will arrive with a better attitude because...

Tomorrow I will learn differently because...

Tomorrow I will challenge myself by...

I am excited because...

Signed: _____

SECTION 9

Preparing for Day 2

Tomorrow's theme is:

Academic Vision

Think about these questions before tomorrow's coaching session.

Where do I want my academic journey to take me?

What kind of learner do I hope to become?

What dream do I want my education to help me achieve?

One question I want answered tomorrow is...

My Overall Reflection

Today's coaching session was:



☐ Excellent

☐ Very Good

☐ Good

☐ Fair

☐ Needs Improvement

High Flyer Reflection Declaration

Read this aloud before closing your journal.

Today I made an important decision.

I have chosen to become a learner who grows every day.

I understand that my identity shapes my choices, my choices shape my habits and my habits shape my future.

I will no longer allow fear, excuses or past mistakes to define me.

I choose responsibility.

I choose discipline.

I choose growth.

Every day I become more confident.

Every day I become more resilient.

Every day I become a better learner.

I am becoming the person I was created to be.

I am a High Flyer.

Coach's Closing Reflection

Congratulations on completing **Day 1**.

Today you laid the foundation for everything that follows in this programme.

Academic excellence begins with identity. When you change the way you see yourself, you begin to change the way you think, the choices you make and the habits you develop.

Tomorrow, you will build on this foundation by creating a clear academic vision. You will discover where you are going, why it matters and how a compelling vision gives purpose to every decision you make.

Remember:

The learner you become determines the results you achieve. Keep becoming that learner, one day at a time.

