
ACADEMIC EXCELLENCE ACCELERATOR PROGRAMME

HIGH FLYER MISSION PACK

DAY 2

Mission: Vision Builder

Purpose

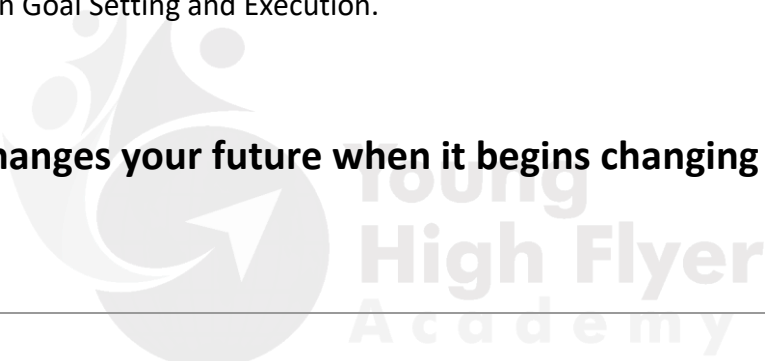
Today's coaching session helped you discover the importance of having a clear academic vision.

Now it is time to begin living that vision.

This Mission Pack is designed to help you transform today's learning into practical action by strengthening your vision, making intentional decisions, engaging your family and preparing for tomorrow's lesson on Goal Setting and Execution.

Remember:

A vision only changes your future when it begins changing your daily choices.



MISSION OVERVIEW

Mission Title: Vision Builder

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

Mission Objective:

To help students strengthen their academic vision by making future-focused decisions, creating a supportive learning environment and involving parents or guardians in their journey.



MISSION 1

Vision Mission

Meet Your Future Self

Every successful learner has a clear picture of the person they are becoming.

Today, you will strengthen that picture.

Imagine you are 25 years old.

You have achieved many of your academic and career goals.

Write a letter to your younger self.

Begin with:

Dear Younger Me,

Include:

- What you achieved.
- The habits that made the biggest difference.
- The distractions you avoided.
- The challenges you overcame.
- The advice you would give yourself today.
- Why staying focused was worth it.

Young
High Flyer
Academy

Reflection

What part of your letter inspired you the most?

Coach's Insight

Your future begins with the picture you consistently hold in your mind.

See it clearly.

Believe it deeply.

Live it daily.



MISSION 2

Environment Mission

Build a Space That Supports Success

Your environment either supports your goals or competes with them.

Take a few minutes to examine your study area honestly.

Question	Yes	Not Yet
My study area is organised.	☐	☐
My books and materials are easy to find.	☐	☐
I have removed unnecessary distractions.	☐	☐
I have a study timetable or planner.	☐	☐
My learning space motivates me to study.	☐	☐

My Action Plan

The three improvements I will make today are:

1.

2.

3.

Reflection

Which improvement will have the greatest impact?

Why?

MISSION 3

Decision Mission

Live Your Vision Today

Your future is shaped by today's decisions.

Throughout today, pay attention to the choices you make.

Record five important decisions below.

Decision	Did It Move Me Closer to My Vision?
	☐ Yes ☐ Not Yet
	☐ Yes ☐ Not Yet
	☐ Yes ☐ Not Yet
	☐ Yes ☐ Not Yet
	☐ Yes ☐ Not Yet

Reflection

Which decision made you most proud?

Which decision would you improve tomorrow?

MISSION 4

Family Mission

Share Your Vision

Success becomes easier when people around you understand your goals. Share the following with your parent, guardian or another trusted adult:

- Your Academic Vision Statement.
- Your future career aspiration.
- Three habits you want to develop.
- One challenge you are currently facing.

Ask them these questions:

1. What strength do you already see in me?

2. Which habit should I improve first?

3. What advice would you give me?

4. How can you support me over the next month?

Reflection

What surprised you most during your conversation?

Parent / Guardian Signature

MISSION 5

Evidence Mission

Make Your Vision Visible

Vision becomes stronger when you see it every day.

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

- ☐ Create your Vision Board.
- ☐ Display your Vision Statement where you will see it daily.
- ☐ Write your Top Three Goals on a card.
- ☐ Create a simple Future Wall in your room.
- ☐ Add an inspiring quote that reminds you to stay focused.

Evidence Log

What did you complete?

How will it help you stay focused?

Optional Evidence

Bring one of the following tomorrow:

- A photo of your Vision Board.
- Your written Vision Statement.
- Your Goal Card.
- A picture of your study space.

HIGH FLYER CHALLENGE

The 24-Hour Vision Challenge

Before making any important decision today, ask yourself:

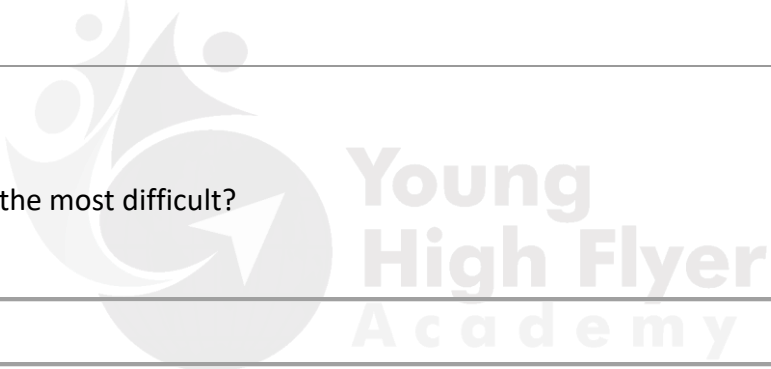
"Will this choice move me closer to my future or further away from it?"

Use the tracker below.

Decision	Closer?
	☐
	☐
	☐

Reflection

Which decision was the most difficult?



What did you learn about yourself?

SELF-ASSESSMENT

Rate yourself honestly.

Statement	Yes	Not Yet
I completed my Future Self Letter.	☐	☐
I improved my learning environment.	☐	☐
I made decisions that matched my vision.	☐	☐
I discussed my vision with someone I trust.	☐	☐
I made my vision visible.	☐	☐
I am ready for Day 3.	☐	☐



FINAL REFLECTION

Complete the sentence.

Today I proved to myself that...

The one decision that will change my future is...



COACH'S FINAL MESSAGE

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

Today you strengthened something that every successful learner possesses: a clear sense of direction.

Remember, a vision is not simply something you write in a journal. It is something you protect through your daily choices, your habits and your discipline.

Tomorrow, you will learn how to transform that vision into clear, measurable goals and practical action. Your goals will become the bridge between the future you imagine and the results you achieve.

Until then, keep your vision where you can see it, make decisions that align with it and continue becoming the learner you are capable of being.

"See your future clearly. Live it intentionally. Build it one decision at a time."



HIGH FLYER DAILY CHALLENGE CARD

Theme: Academic Vision

Challenge Title

Live Your Vision Today

Today's Challenge

A vision is more than something you write in your journal.

It is something you choose with every decision you make.

Today, your challenge is simple. Make one intentional decision that reflects the future you want to create.

Before every important choice, ask yourself:

"Will this move me closer to the learner I want to become?"

Remember, your future is built one decision at a time.

My Academic Vision

Write your vision in one sentence.

My vision is...

My One Intentional Action Today

Choose one meaningful action that will bring your vision to life.

Examples:

- Revise for 30 minutes.
- Read ahead before tomorrow's lesson.
- Complete all assignments before relaxing.
- Organise my study desk.
- Remove distractions from my learning space.
- Ask one question in class.

- Encourage another learner.

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:

Vision 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 focused?

If NOT YET...

What stopped me?

What will I do differently tomorrow?



High Flyer Power Question

Every High Flyer learns to pause before making decisions.

Ask yourself throughout today:

"Does this choice reflect the future I want to create?"

One decision I made differently today because of this question:

Vision Victory Box

Celebrate one success from today.

It doesn't have to be a big achievement.

Small victories build great futures.

Today I'm proud that I...

Coach's Encouragement

Remember the **VISION Framework**.

V — Visualise Your Future

Keep the destination clear.

I — Identify Your Destination

Know exactly where you are going.

S — See Beyond Today's Challenges

Don't allow temporary difficulties to define you.

I — Imagine Greater Possibilities

Believe you are capable of more.

O — Own Your Direction

Take responsibility for your choices.

N — Navigate with Purpose

Let every decision move you closer to your goals.

Today's High Flyer Quote

"Your future is not created someday. It is created by the decisions you make today."

Challenge Completion

Student Name: _____

Date: _____

Completed

☐ Yes ☐ Tomorrow I'll Finish

Coach's Closing Thought

Every successful student you admire once stood where you are today.

The difference was not simply having a dream. The difference was choosing, day after day, to live in a way that matched that dream.

Protect your vision. Trust the process.

Tomorrow, you will discover how to transform your vision into clear goals and practical action, bringing your future one step closer to reality.

"See it clearly. Choose it daily. Become it consistently."



DAY 2

Theme: Academic Vision

Reflection Theme

Seeing the Future Before You Arrive There

Before I Begin...

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

Reflection helps you move beyond learning information. It helps you understand yourself, strengthen your thinking and make better decisions.

There are no right or wrong answers.

Write honestly.



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 impact on my future?

Why?

SECTION 2

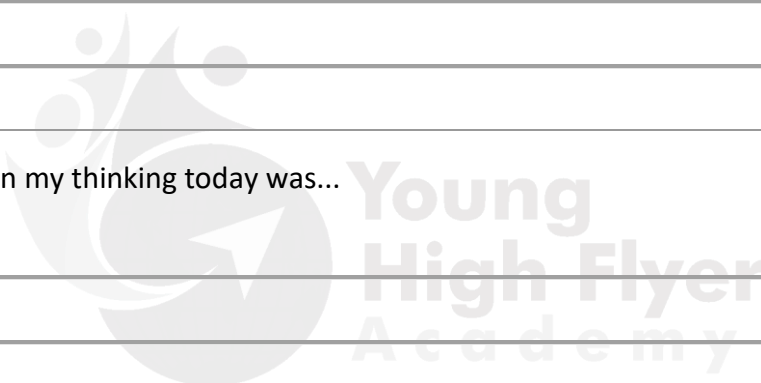
My Biggest Discovery

Complete each sentence honestly.

Before today, I believed...

Now I understand...

The biggest change in my thinking today was...



SECTION 3

My Academic Vision

Write your Academic Vision Statement.

Why is this vision important to me?

If I remain committed to this vision, what opportunities could it create?

How committed do I feel today?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Reflection

Why did I give myself this score?

What would help me move one point higher?

SECTION 4

Living My Vision

A vision only becomes meaningful when it influences the way we live.

Complete the statements below.

Today I lived my vision when I...

One decision that reflected my future was...

One decision I wish I had made differently was...

Reflection

What did today's decisions teach me about myself?

SECTION 5

My VISION Framework Reflection

Think about today's framework.

V – Visualise Your Future

The future I clearly see is...

I – Identify Your Destination

The destination I am working towards is...

S – See Beyond Today's Challenges

One challenge I refuse to allow to stop me is...

I – Imagine Greater Possibilities

A bigger possibility I now believe is...

O – Own Your Direction

One responsibility I am choosing to take is...

N – Navigate with Purpose

Tomorrow I will move forward by...



SECTION 6

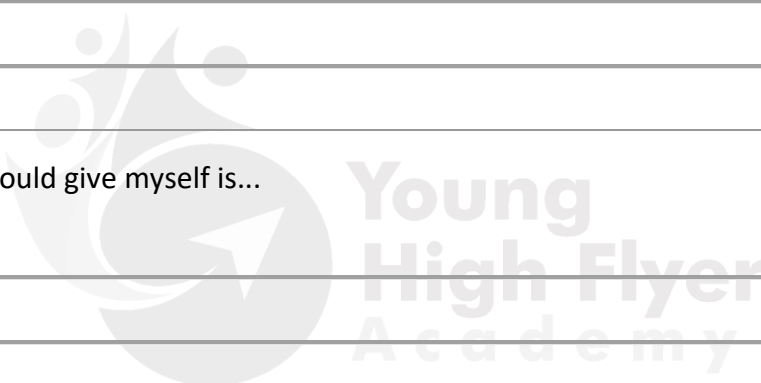
Celebrating Progress

Growth deserves to be recognised.

Today I am proud that I...

One strength I discovered about myself today is...

One compliment I would give myself is...



SECTION 7

Obstacles and Opportunities

Every vision will face obstacles.

Thinking ahead prepares you to overcome them.

The biggest obstacle I expect is...

My plan for overcoming it is...

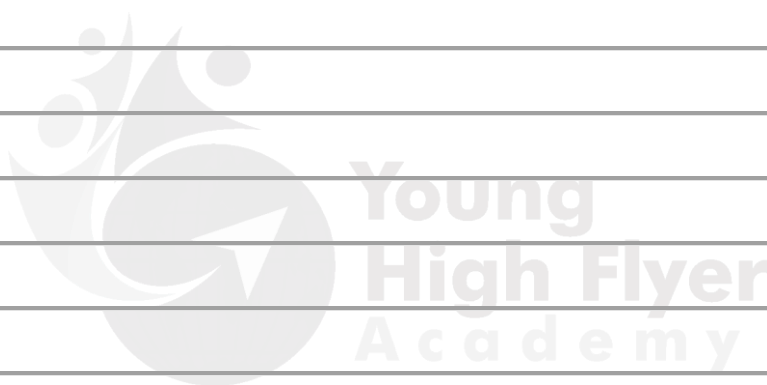
One person who can encourage me is...

One opportunity I discovered today is...

Letter to My Future Self

Write a short letter celebrating the learner you became.

Dear Future Me,



Signature:

High Flyer Reflection Affirmation

Read this aloud before closing your journal.

Today I chose to look beyond where I am and focus on where I am going.

I understand that my future is shaped by the decisions I make every day.

I choose to protect my vision.

I choose to stay focused when distractions appear.

I choose to keep moving forward, even when progress feels slow.

Every day my vision becomes clearer.

Every day my choices become wiser.

Every day I become more disciplined.

Every day I become a better learner.

I am building the future I see.

I am a High Flyer.

Keep your vision alive. Protect it with your choices. Build it through your actions.
