

ACADEMIC EXCELLENCE ACCELERATOR PROGRAMME (DAY 3)

HIGH FLYER MISSION PACK

Mission: Goal Architect

Purpose

It is the bridge between learning and real life. Students leave the coaching session and deliberately apply what they learnt in their homes, schools and daily routines.

Each mission develops ownership, accountability and behavioural change.



MISSION OVERVIEW

Mission Title: Goal Architect

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

Mission Objective: To help students transform their written goals into visible, practical actions while involving parents or mentors in the process.



MISSION 1

Action Mission

Take the First Step

Every great achievement begins with one deliberate action. Choose **one** academic goal from today's session.

Now complete the table.

My Goal	First Action	When?	Completed
			☐

Reflection

How did it feel to finally begin?



Coach's Insight

Momentum begins with movement.

MISSION 2

Family Mission

Share the Dream

Discuss your biggest academic goal with a parent, guardian or another trusted adult.

Ask them these three questions:

1.

What do you think is the biggest strength that will help me achieve this goal?

2.

What challenge do you think I should prepare for?

3.

What advice would you give me?

Reflection

What surprised you most during the conversation?

Parent/Guardian Signature

MISSION 3

Evidence Mission

Show, Don't Tell

Complete **at least one** of the following and provide evidence.

- ☐ Create your Goal Ladder and display it in your room.
- ☐ Organise your study area.
- ☐ Create a weekly study timetable.
- ☐ Write your goals on a visible card.
- ☐ Remove one major distraction from your study space.

Evidence Log

What did you complete?



How do you know it will help?

Optional Evidence

Attach or bring one of the following:

- A photo
- Your Goal Ladder
- Your study timetable
- A written reflection

MISSION 4

High Flyer Challenge

The Seven-Day Goal Challenge

For the next **seven days**, complete one meaningful academic action every day.

Examples include:

- Revise for 30 minutes.
- Read one chapter.
- Practise difficult Mathematics questions.
- Complete homework before relaxing.
- Review class notes.

Daily Tracker

Day	Action Completed	✓
Day 1		☐
Day 2		☐
Day 3		☐
Day 4		☐
Day 5		☐
Day 6		☐
Day 7		☐

Reflection

What did you learn about consistency?

MISSION 5

Before Tomorrow's Session

Bring the following:

- ☐ High Flyer Success Journal ☐ Goal Ladder ☐ Weekly Study Plan
- ☐ Completed Mission Pack ☐ Positive attitude ☐ Questions you would like answered

Self-Assessment

Rate yourself honestly.

Statement	Yes	Not Yet
I completed my first action.	☐	☐
I shared my goal with someone.	☐	☐
I improved my study environment.	☐	☐
I stayed committed today.	☐	☐
I am ready for Day 4.	☐	☐

Final Reflection

Complete the sentence.

Today I proved to myself that...

"Dream with purpose. Plan with intention. Act with consistency."

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HIGH FLYER DAILY CHALLENGE CARD

Theme: Goal Setting & Execution

Challenge Title: One Step Forward

Today's Challenge

Every High Flyer understands one important truth: **Big goals are achieved through small daily actions.**

Today, your challenge is simple. Choose **one academic goal** and complete **one meaningful action** that moves you closer to achieving it.

Don't wait until tomorrow. Start today.

My Goal



My One Step Today

Write the single most important action you will complete today.

Examples:

- Revise Mathematics for 30 minutes.
- Complete my English assignment.
- Create my weekly study timetable.
- Organise my study desk.
- Read one chapter of my science textbook.

My action:

My Success Plan

When will I do it?

Where will I do it?

How long will it take?

My Accountability Partner

Who will ask me if I completed today's challenge?

☐ Parent ☐ Guardian ☐ Teacher ☐ Friend ☐ Sibling

Name:

Challenge Check-In

Before you go to bed, answer these questions.

Did I complete my 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

Before making any decision today, ask yourself:

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

Write one decision you made differently because of this question.

Victory Box

Celebrate one win from today. It doesn't have to be big. Small wins become big successes.

Today I'm proud that I...

Coach's Encouragement

Remember the **AIM Framework**.

A — Aim Clearly

Know exactly what you're working towards.

I — Implement Daily

One small action every day.

M — Measure Progress

Notice every improvement.

Today's High Flyer Quote

"You don't have to do everything today. You only have to do the next right thing."

Challenge Completion

Student Name

Date

Completed

☐ Yes ☐ Tomorrow I'll Finish

Coach's Closing Thought

Every champion was once someone who chose to take one more step.



Goal Setting & Execution – Turning Vision into Measurable Results

Progress Begins with Purpose

Today you learnt that success is not accidental. It is created through clear goals, consistent action and regular reflection.

Take a few quiet moments to think honestly about today's learning. There are no right or wrong answers. This journal is your personal conversation with yourself.



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 change my life the most?

Why?

SECTION 2

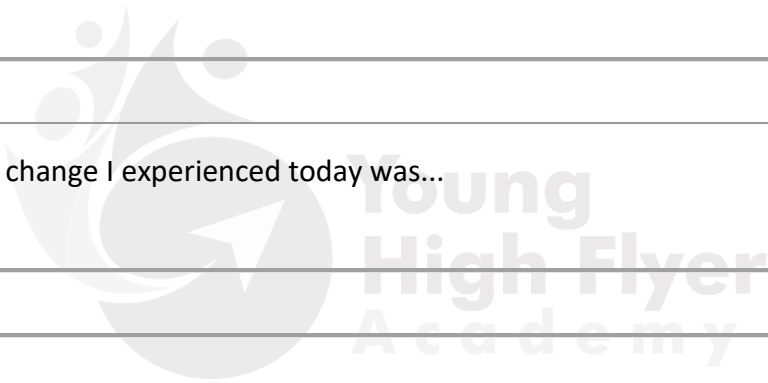
My Biggest Discovery

Complete the sentences.

Before today, I believed...

Now I understand...

The biggest mindset change I experienced today was...



SECTION 3

My Goal Reflection

Think about the goal you created today.

My Goal

Why is this goal important to me?

What will achieving this goal make possible?

How committed do I feel?

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

SECTION 4

My AIM Reflection

Complete each statement honestly.

I aimed clearly when...

I implemented action by...

I measured progress by...

Which part of AIM will be easiest for me?

Which part will challenge me most?

SECTION 5

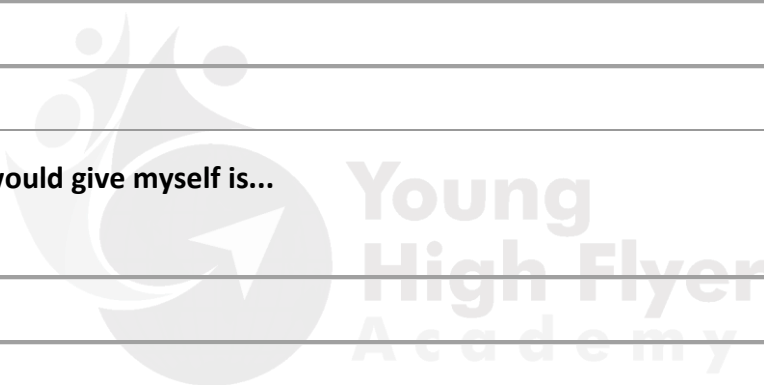
Celebrating Progress

Sometimes we focus so much on what is left to do that we forget how far we have already come.

Today I am proud that I...

One strength I discovered about myself today is...

One compliment I would give myself is...



SECTION 6

Obstacles and Opportunities

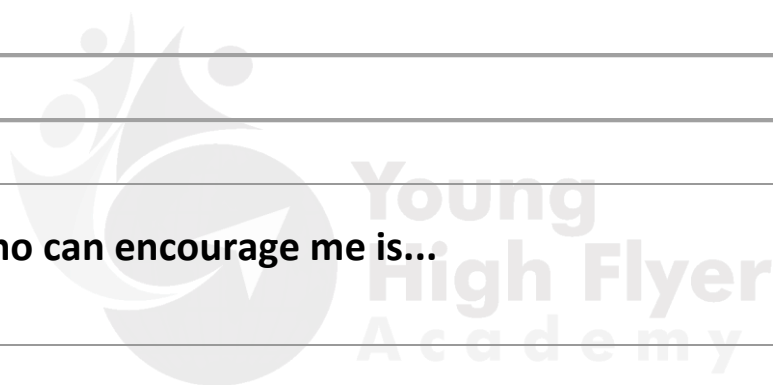
Every goal has challenges. Think ahead.

The biggest obstacle I expect is...

My plan for overcoming it is...

One person who can encourage me is...

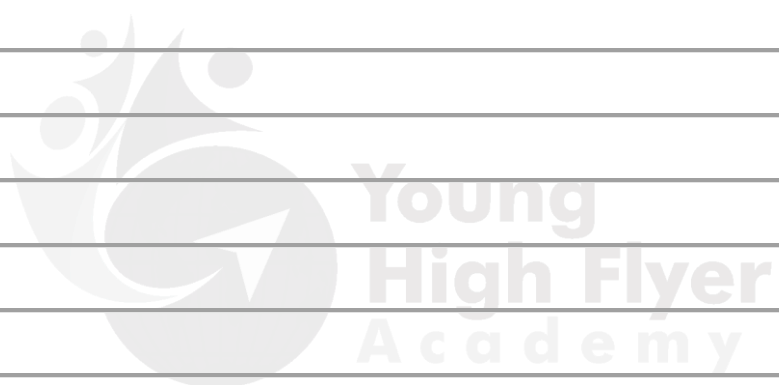
One new opportunity I noticed today is...



Letter to My Future Self

Write a short letter to yourself.

Dear Future Me,



Signature:

SECTION 8

Tomorrow Starts Today.

Tomorrow's theme is **Study Systems & Habits**. Think about these questions before Day 4.

What study habit do I want to improve?

What distracts me most when I study?

What new habit am I ready to build?

One question I want answered tomorrow is...

My Overall Reflection

Today's coaching session was: ★ ★ ★ ★ ★

Circle one: ☐ Excellent ☐ Very Good ☐ Good Fair ☐ Needs Improvement

High Flyer Reflection Declaration

Read this quietly before closing your journal.

I learnt today that success begins with a decision.

I choose to take responsibility for my future.

I choose to act on my goals.

I choose to learn from every experience.

I choose to keep growing, even when progress feels slow.

Every day I become more focused.

Every day I become more disciplined.

Every day I become a better learner.

I am building the future I want, one choice at a time.

I am a High Flyer.

Coach's Closing Reflection

Remember...

The purpose of reflection is not to judge yourself. It is to understand yourself.

When you understand yourself, you make better decisions.

When you make better decisions consistently, you achieve better results.

Never stop learning. Never stop reflecting. Never stop growing.