
ACADEMIC EXCELLENCE ACCELERATOR PROGRAMME (DAY 6)

HIGH FLYER MISSION PACK

Mission: Self Leader

Purpose

The **High Flyer Mission Pack** is not homework.

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, responsibility, discipline and positive leadership habits.



MISSION OVERVIEW

Mission Title: Self Leader

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

Mission Objective: To help students practise the **LEAD Self Leadership Framework** by making responsible decisions, exercising self-discipline and demonstrating leadership through their daily actions.



MISSION 1

Action Mission

Lead Yourself Today

Leadership begins with one intentional decision.

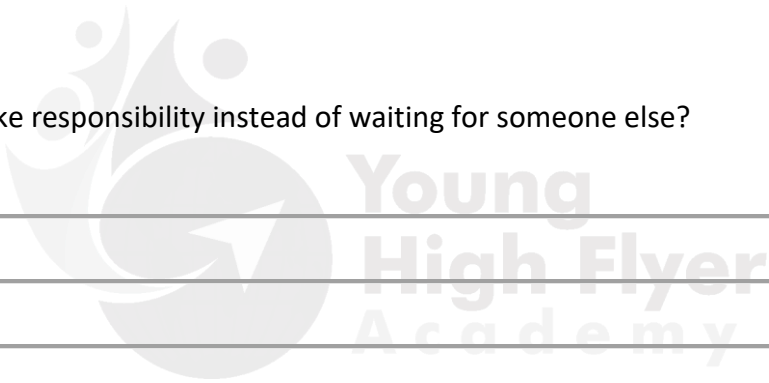
Choose one area of your life where you will lead yourself today.

Complete the table.

My Leadership Goal	My First Action	When?	Completed
			☐

Reflection

How did it feel to take responsibility instead of waiting for someone else?



Coach's Insight

Leadership grows every time you choose action over excuses.

MISSION 2

Family Mission

Learning from a Leader

Speak with a parent, guardian or another trusted adult. Ask these three questions.

1.

What leadership quality has helped you most in life?

2.

Can you share a time when taking responsibility changed a difficult situation?

3.

What advice would you give me about becoming a responsible leader?

Reflection

What lesson stood out most from your conversation?

Parent/Guardian Signature

MISSION 3

Evidence Mission

Lead by Example

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

- ☐ Keep one important promise you made to yourself today.
- ☐ Help someone without being asked.
- ☐ Organise your study area or school bag.
- ☐ Complete your homework before entertainment.
- ☐ Encourage a friend or sibling who needed support.

Evidence Log

Which activity did you complete?



Four horizontal lines for writing the answer.

How did it demonstrate self leadership?

Four horizontal lines for writing the answer.

MISSION 4

High Flyer Challenge

The Seven-Day Leadership Challenge

For the next seven days, practise one leadership habit every day.

Examples include:

- Keeping every promise you make to yourself.
 - Completing homework without reminders.
 - Studying before using your phone.
 - Accepting responsibility instead of making excuses.
 - Encouraging someone every day.
-

Daily Tracker

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

Reflection

What did this challenge teach you about self-discipline?

MISSION 5

Self-Assessment

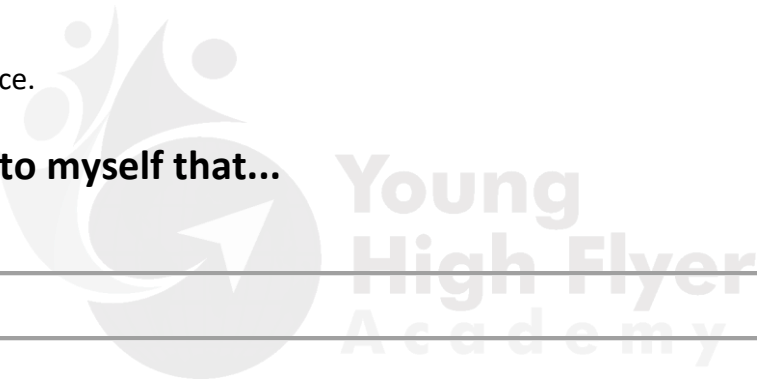
Rate yourself honestly.

Statement	Yes	Not Yet
I led myself well today.	☐	☐
I kept an important promise.	☐	☐
I made responsible decisions.	☐	☐
I encouraged someone else.	☐	☐

Final Reflection

Complete the sentence.

Today I proved to myself that...



Coach's Final Message

Congratulations on completing **Mission: Self Leader**.

Today you discovered that leadership does not begin with a position or a title. It begins with the choices you make every day.

Every promise you keep, every excuse you replace with responsibility and every wise decision you make strengthens your character.

Keep leading yourself with courage, discipline and integrity. These small daily choices are preparing you not only for academic excellence but also for lifelong success.

"Lead yourself well today, and your future will thank you tomorrow."

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HIGH FLYER DAILY CHALLENGE CARD

Theme: Self-Leadership

Challenge Title: Lead Yourself First

Today's Challenge

Every High Flyer knows that the most important person to lead is **yourself**.

Before you can influence others, achieve great results or become a successful leader, you must first learn to make responsible decisions, keep your promises and remain disciplined, even when nobody is watching.

Today, your challenge is simple.

Choose **one leadership habit** and practise it intentionally throughout the day.

Small acts of self-leadership repeated consistently become lifelong success habits.

My Leadership Habit

The one leadership habit I will practise today is:

Examples:

- Complete my homework before entertainment.
 - Put my phone away while studying.
 - Arrive on time for every activity.
 - Accept responsibility instead of making excuses.
 - Finish every task I start.
 - Encourage someone with my words or actions.
-

My Leadership Plan

When will I practise this habit?

Where will I practise it?

What challenge might make this difficult?

How will I overcome it?

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 today's leadership challenge?

☐ Yes

☐ Not Yet

If YES...

What helped me stay disciplined?

If NOT YET...

What stopped me?

What will I do differently tomorrow?



High Flyer Power Question

Before making an important decision today, pause and ask yourself:

"Will this decision help me become the person I want to be?"

One decision I made differently because I asked this question:

Victory Box

Celebrate one leadership win from today. It doesn't have to be something big.

Small victories build strong character.

Today I'm proud that I...

Coach's Encouragement

Remember the **LEAD Self Leadership Framework**

L – Lead Yourself First

E – Exercise Self Discipline

A – Accept Responsibility

D – Direct Your Daily Choices

Great leaders are not made by one extraordinary decision.

They are built through ordinary decisions made consistently.

Today's High Flyer Quote

"The quality of your future depends on the quality of the choices you make today."

HIGH FLYER REFLECTION JOURNAL

Self Leadership

Leading Yourself Before Leading Your Results

Leadership Begins With Me

Today you discovered that leadership is not about having a title or being in charge of others.

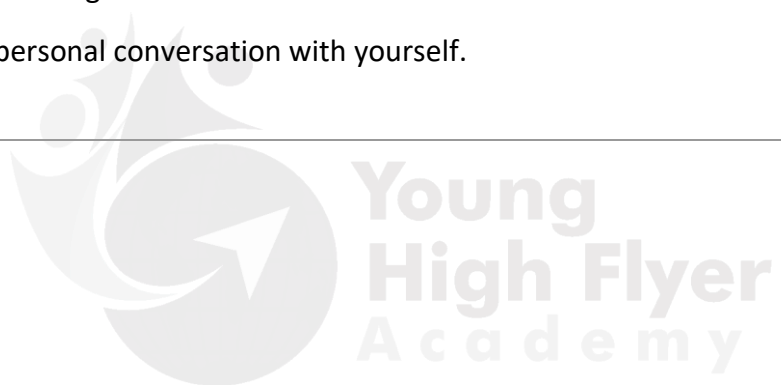
True leadership begins with leading yourself.

Every responsible decision, every promise you keep, and every act of self-discipline shapes the person you are becoming.

Take a few quiet moments to reflect honestly on 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 make the biggest difference in my life?

Why?

SECTION 2

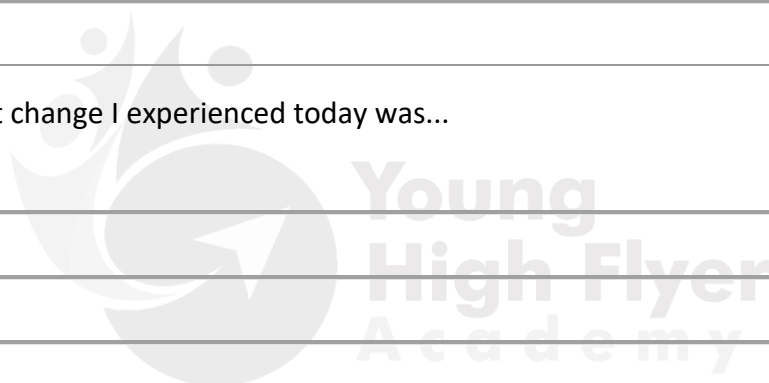
My Biggest Discovery

Complete the sentences.

Before today, I believed...

Now I understand...

The biggest mindset change I experienced today was...



SECTION 3

My LEAD Reflection

Think about the LEAD™ Self Leadership Framework.

Lead Yourself First

How did I take responsibility for my actions today?

Exercise Self Discipline

When did I choose what was right instead of what was easy?

Accept Responsibility

How did I respond when something did not go as planned?

Direct Your Daily Choices

What decision today moved me closer to becoming a High Flyer?

SECTION 4

Celebrating Progress

Leadership grows one decision at a time.

Today I am proud that I...

One leadership strength I discovered about myself is...

One compliment I would give myself is...



SECTION 5

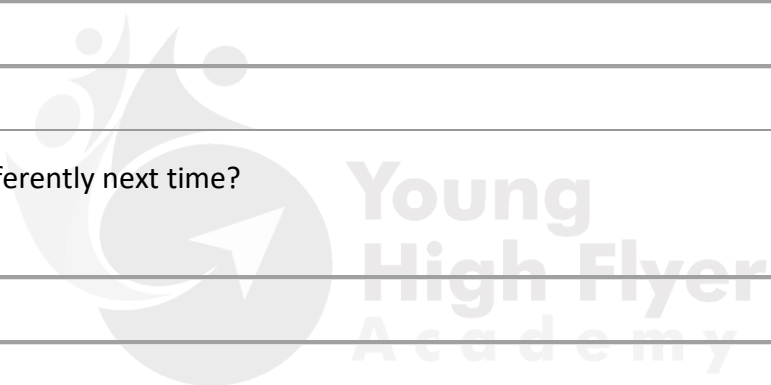
Challenges and Growth

Every leader faces challenges.

The biggest leadership challenge I experienced today was...

How did I respond?

What would I do differently next time?



SECTION 6

My Leadership Promise

Complete these statements.

From today, I choose to...

One excuse I will stop making is...

One leadership habit I will practise every day is...

The person I want to become is someone who...

SECTION 7

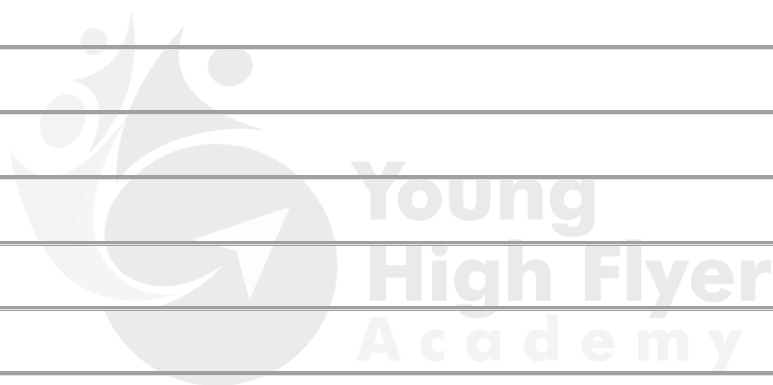
Letter to My Future Self

Imagine it is the end of this school term.

You have become more disciplined, responsible and confident.

Write a short letter to yourself.

Dear Future Me,



Signature:

SECTION 8

Tomorrow Starts Today

Tomorrow's theme will help you discover how great leaders positively influence others and continue building success through service and purposeful action.

Before tomorrow's session, think about these questions.

What leadership quality do I want people to remember me for?

Who has influenced my life in a positive way?

How can I become a positive influence at home and in school?

One question I would like answered tomorrow is...

High Flyer Leadership Affirmation

Read this quietly before closing your journal.

Today I learnt that leadership begins with me.

I choose responsibility instead of excuses.

I choose discipline instead of comfort.

I choose wise decisions instead of easy decisions.

I choose to learn from every mistake.

Every day I become more responsible.

Every day I become more disciplined.

Every day I become a stronger leader.

I am building a future I can be proud of.

I am a High Flyer.

