

HIGH FLYER SUCCESS JOURNAL

DAY 6

Self-Leadership

Leading Myself Before Leading My Results

Welcome Back, High Flyer!

Over the past five days, you have built a strong foundation for academic excellence.

You have discovered:

- ☒ Who you are becoming.
- ☒ Where you are going.
- ☒ How to learn more effectively.
- ☒ How to manage your time and study systems.
- ☒ How to prepare for excellent academic performance.

Today, you will discover one of the most important lessons of all.

Academic success is not controlled by luck.

It is not controlled by talent alone.

It is built through the daily decisions you make when nobody is watching.

Today's journey is about becoming the leader of your own life.

Great learners first become great self leaders.

This journal will help you develop the habits, mindset and personal responsibility needed to consistently achieve your goals.

Today's Guiding Question

Who is leading my academic journey every day?

My Learning Goal

Today I want to become better at...

Looking Back

My High Flyer Journey

Reflect on the previous five days.

Day 1

What did I discover about my identity?

Day 2

What vision is guiding my future?

Day 3

What goal am I currently working towards?

Day 4

Which study system has helped me most?

Day 5

Which performance strategy has increased my confidence?

Reflection

How have I grown since Day 1?



Mission Review

Reflection

What did I learn from completing these missions?

One leadership habit I want to continue is...

Preparing For Today

Rate yourself honestly.

Statement	Yes	Sometimes	Not Yet
I keep promises I make to myself.	☐	☐	☐
I complete my work without reminders.	☐	☐	☐
I accept responsibility for my mistakes.	☐	☐	☐
I usually make wise decisions.	☐	☐	☐
I stay disciplined when work becomes difficult.	☐	☐	☐

Reflection

Which area needs the greatest improvement?

The LEAD Self Leadership Framework

Becoming the Leader of My Own Life

Academic excellence is built one decision at a time.

The **LEAD Self Leadership Framework** will help you become a learner who takes responsibility, stays disciplined and makes decisions that build a successful future.

LEAD

L - Lead Yourself First

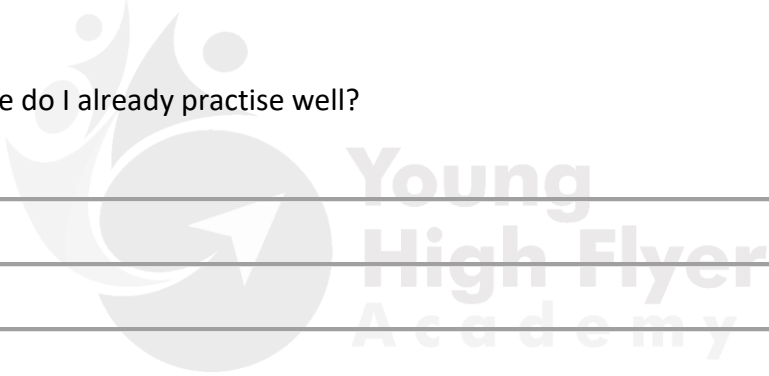
E - Exercise Self Discipline

A - Accept Responsibility

D - Direct Your Daily Choices

Reflection

Which LEAD principle do I already practise well?



Which LEAD principle do I need to strengthen the most?

L - Lead Yourself First

Who Is Holding the Steering Wheel?

Every day someone or something influences your decisions.

Sometimes it is your goals.

Sometimes it is your emotions.

Sometimes it is your friends.

Great self leaders intentionally choose who is in control.

My Leadership Check

Tick the statement that describes you best.

- ☐ I usually wait for people to remind me what to do.
- ☐ I sometimes take initiative.
- ☐ I usually make good decisions on my own.
- ☐ I consistently lead myself, even when nobody is watching.

Reflection

When do I find it hardest to lead myself?

The Circle of Control Tool

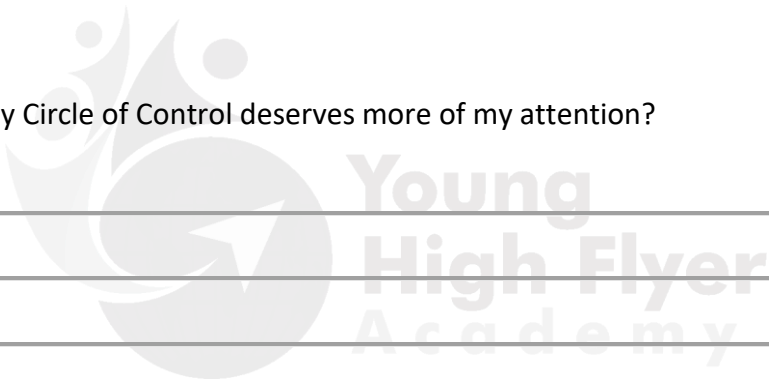
Focus Your Energy Wisely

Complete the table.

Things I Can Control	Things I Cannot Control

Reflection

Which area inside my Circle of Control deserves more of my attention?



Coach's Reminder

Strong leaders invest their energy in what they can influence, not in what they cannot change.

E - Exercise Self Discipline

Choosing What Is Right Over What Is Easy

Self discipline is the ability to do what needs to be done, even when you do not feel like doing it.

My Discipline Audit

Rate yourself honestly.

Statement	Always	Sometimes	Rarely
I complete homework on time.	☐	☐	☐
I study even when I don't feel like it.	☐	☐	☐
I keep promises I make to myself.	☐	☐	☐
I avoid unnecessary distractions.	☐	☐	☐
I finish what I start.	☐	☐	☐

Reflection

Which discipline habit will improve my academic life the most?

The Discipline Builder

Small Promises Build Strong Character

Complete the planner.

This week I promise myself that I will...

I will prove my commitment by...

If I become discouraged, I will...

Coach's Insight

Every promise you keep strengthens your confidence in yourself.

A - Accept Responsibility

Own Your Growth

Successful learners do not waste energy blaming others.

Instead, they ask,

"What can I learn from this?"

Responsibility Reflection

Think about your last disappointing result.

Complete the sentences.

What happened?

What part was my responsibility?

What will I do differently next time?

Rewriting My Excuses

Replace each excuse with a leadership response.

My Excuse	My Leadership Response

Coach's Reminder

Ownership gives you the power to improve.

D - Direct Your Daily Choices

Every Decision Has a Destination

Today's choices become tomorrow's habits.

Tomorrow's habits become your future.

The Choice Filter

Before making a decision, ask yourself:

Will this help or hurt my future?

Think about three decisions you may face this week.

Situation	Help or Hurt?	My Better Choice

Reflection

Which daily choice has the greatest influence on my academic success?

Coach's Reminder

Wise choices made consistently become a successful lifestyle.

LEAD Self Evaluation

Rate yourself from **1 (Needs Improvement)** to **5 (Excellent)**.

LEAD Principle	1	2	3	4	5
Lead Yourself First	☐	☐	☐	☐	☐
Exercise Self Discipline	☐	☐	☐	☐	☐
Accept Responsibility	☐	☐	☐	☐	☐
Direct Your Daily Choices	☐	☐	☐	☐	☐

Reflection

Which LEAD principle will have the greatest impact on my academic success if I improve it?

My LEAD Commitment

Complete this pledge.

This week I commit to leading myself by...

I will strengthen my discipline by...

I will take responsibility for...

I will make better daily choices by...

High Flyer LEAD Affirmation

I understand 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 will lead myself even when nobody is watching.

Every good choice builds my future.

Every day I am becoming a stronger leader.

I am a High Flyer.



Designing My Personal Leadership System

My High Flyer Leadership Blueprint

Build the Leader You Want to Become

Great leaders are not born overnight.

They are shaped by the standards they choose, the habits they build and the decisions they make every day.

Your Personal Leadership Blueprint will help you become intentional about the person you are becoming.

Complete Your Leadership Blueprint

My Greatest Leadership Strength



The Leadership Quality I Want to Develop Most

The Habit That Holds Me Back Most

One Personal Standard I Refuse to Compromise

The Person I Want to Become

Reflection

What makes this leadership blueprint realistic for me?

My Weekly Leadership Planner

Plan to Lead Yourself Well

Design a realistic leadership plan for this week.

Day	Leadership Focus	Action I Will Take
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Reflection

Which day do I think will challenge my leadership the most?

Why?

The High Flyer Leadership Pyramid

Build From the Inside Out

Arrange these in the correct order of importance for your own growth.

Top Priority

The leadership quality I need most right now:

Second Priority

Third Priority

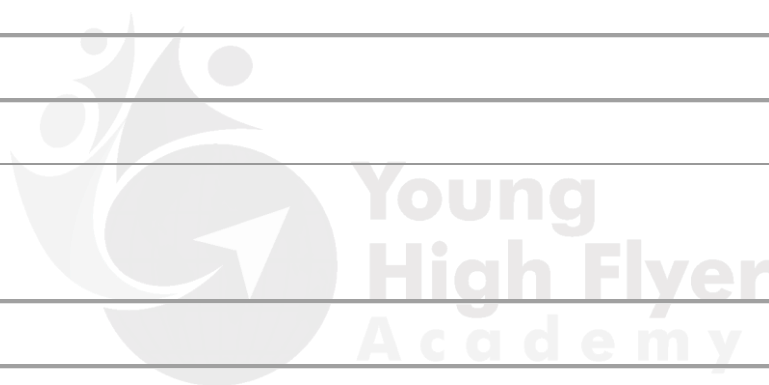
Reflection

Why did I rank them this way?

Coach's Insight

Character supports achievement.

Without strong character, success becomes difficult to sustain.



My Personal Standards

Decide How You Will Live

Tick the standards you want to become known for.

- ☐ I keep my promises.
- ☐ I arrive on time.
- ☐ I complete my work.
- ☐ I tell the truth.
- ☐ I respect others.
- ☐ I stay disciplined.
- ☐ I take responsibility.
- ☐ I keep learning.
- ☐ I finish what I start.
- ☐ I encourage others.



Reflection

Which personal standard will change my life the most?

Why?

My Leadership Routine

Lead Yourself Every Day

Complete your daily routine.

Morning

Before school I will...

During School

I will lead myself by...

After School

I will...

Evening

Before sleeping I will...

Coach's Reminder

Leadership becomes easier when it becomes part of your routine.



Accountability Partnership

Growth Is Easier Together

Leadership grows faster when someone encourages you.

My Accountability Partner

Name

Relationship

- ☐ Parent
 - ☐ Teacher
 - ☐ Sibling
 - ☐ Friend
 - ☐ Mentor
-

We Agree To

- ☐ Encourage one another.
 - ☐ Speak honestly.
 - ☐ Celebrate progress.
 - ☐ Pray together.
 - ☐ Review goals weekly.
 - ☐ Help each other stay disciplined.
-

Signature



My Seven Day Leadership Challenge

For the next seven days I will:

- ☐ Keep every promise I make to myself.
- ☐ Complete my responsibilities without reminders.
- ☐ Practise self discipline.
- ☐ Reflect every evening.
- ☐ Encourage someone else.

Daily Progress

Day	Completed
Monday	☐
Tuesday	☐
Wednesday	☐
Thursday	☐
Friday	☐
Saturday	☐
Sunday	☐

Reflection

Which day tested my leadership the most?

Why?

My Weekly Leadership Action Plan

This week I will focus on these three improvements.

1st Improvement

2nd Improvement

3rd Improvement



My Biggest Leadership Victory This Week Will Be...

Overcoming Leadership Challenges

What Is Holding Me Back?

Every student wants to become more responsible.

But every student also faces challenges.

The first step towards becoming a stronger leader is identifying what is trying to pull you away from your goals.

The Four Leadership Obstacles

Tick every challenge that affects you.

☐ Choosing comfort instead of growth

☐ Making excuses

☐ Giving in to peer pressure

☐ Being inconsistent

☐ Poor time management

☐ Procrastination

☐ Lack of self confidence

☐ Fear of making mistakes

☐ Giving up too quickly

☐ Other:

Reflection

Which Leadership obstacle has affected me the most?

Why?

My Leadership Replacement Planner

Replace. Don't Just Remove.

Choose one leadership habit you want to change.

My Old Habit	My New Leadership Habit

My Trigger

When does this habit usually appear?

My Better Response

Instead of...

I will...

My Reward

How will I celebrate staying consistent?

Coach's Reminder

Every better choice strengthens your leadership.

RESET Leadership Journal

When I Don't Lead Myself Well

Even strong leaders make mistakes.

The important question is not,

"Did I fail?"

The important question is,

"What will I do next?"

Whenever you struggle, use the **RESET Leadership Tool**.

R - Recognise

What happened?

E - Evaluate

Why did it happen?

S - Solve

What could I do differently next time?

E - Execute

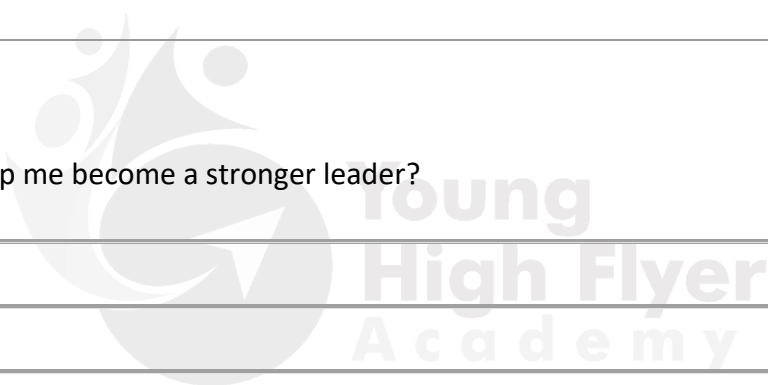
What action will I take immediately?

T - Try Again

When will I begin?

Reflection

How does RESET help me become a stronger leader?



Becoming My Best Self

My Leadership Identity

Complete these statements.

The leader I am becoming is someone who...

Every day I will...

One excuse I never want to make again is...

One leadership quality I want people to recognise me for is...

High Flyer Leadership Statement

My choices are shaping my character.

My character is shaping my future.

Every responsible decision strengthens the leader I am becoming.

I choose to become someone others can trust.

The 21-Day Leadership Builder

My Leadership Challenge

Choose one leadership habit to strengthen over the next twenty-one days.

My Leadership Habit

Why This Habit Is Important

When Will I Practise It?

Where Will I Practise It?

Who Will Encourage Me?

Coach's Insight

Leadership is built through repeated practice, not occasional inspiration.



My 21 Day Leadership Tracker

Track Every Day

Week 1	✓	Week 2	✓	Week 3	✓
Day 1	☐	Day 8	☐	Day 15	☐
Day 2	☐	Day 9	☐	Day 16	☐
Day 3	☐	Day 10	☐	Day 17	☐
Day 4	☐	Day 11	☐	Day 18	☐
Day 5	☐	Day 12	☐	Day 19	☐
Day 6	☐	Day 13	☐	Day 20	☐
Day 7	☐	Day 14	☐	Day 21	☐

Weekly Reflection

Week One

What helped me lead myself well?

Week Two

What leadership challenge did I overcome?

Week Three

How have I changed as a person?

High Flyer Leadership Affirmation

Read this aloud.

Today I learnt that leadership begins with me.

I choose responsibility over excuses.

I choose discipline over comfort.

I choose wise decisions over easy decisions.

I will lead myself even when nobody is watching.

Every good choice strengthens my future.

Every day I become more responsible.

Every day I become more disciplined.

Every day I become a stronger leader.

I am a High Flyer.

Young
High Flyer
Academy

Coach's Closing Reflection

Remember that leadership is not something you achieve one day.

You practise every day.

Every promise you keep, every wise decision you make, and every responsibility you accept is shaping the person you are becoming.

Lead yourself well, and success will follow naturally.
