

Achiever + Plus

Summary

This programme is structured around seven core steps, each designed to be implemented 'In a day' through daily tasks and culminating in a "demonstration day" within a weekly focus. The steps guide participants through taking immediate action, establishing influence within a group, generating new income, improving financial discipline, cultivating an optimistic outlook, enhancing physical and mental fitness, and ultimately, making a positive impact on others by sharing their journey. The overarching purpose is to foster transformative life changes through actionable, incremental progress over a 30-day period.

1. Programme Overview and Core Philosophy

The "Achiever Plus" programme, titled "Life change - a new you in one month!", is a structured framework designed to facilitate personal transformation over a 30-day period. Its overarching brand ethos is about achieving significant life changes through consistent, actionable effort.

Key Motto: The central guiding principle across all aspects of the programme is "**In a day**". This motto emphasises the importance of daily action and immediate implementation of the programme's steps. It underpins the idea that demonstrable progress can be made consistently, "you must do and demonstrate the steps in one day."

Structure: The programme is built around "7 steps" which are progressively addressed over seven weeks, with each week culminating in a "demonstration day" to showcase progress. While the title suggests "one month," the breakdown explicitly allocates "Week 5," "Week 6," and "Week 7," extending beyond a typical four-week month, implying a more comprehensive and perhaps slightly longer commitment.

2. The Seven Steps of "Achiever Plus"

The programme is meticulously structured around seven distinct steps, each with specific daily tasks and a culminating demonstration:

- **Week 1: Do Something**

- **Goal:** "Take immediate action to break procrastination habits."

- **Core Idea:** The foundational step, focusing on overcoming inertia through small, actionable goals and experimenting with new activities. The "Demonstration Day" requires completing a "meaningful task" and sharing the experience.

- **Week 2: Get Into a Dominant Hierarchy**

- **Goal:** "Cultivate influence and find your position in a structured group."

- **Core Idea:** Emphasises social and professional integration. Participants are encouraged to join communities, add value, and build connections. The "Demonstration Day" involves presenting one's "role or contributions to a group and receive feedback."

- **Week 3: Make Some Money/Save Money (Reduce Debt)**

- **Goal:** "Create income from new sources." "Build financial discipline and savings habits."

- **Core Idea:** concentrating on debt/expense reduction, budgeting, and allocating funds towards savings or debt repayment. The "Demonstration Day" involves showing "tangible savings... or a reduction in debt. then on financial generation through brainstorming side hustles, monetising skills, and tracking earnings. The "Demonstration Day" requires earning "a set amount (even if small)" and celebrating this milestone.

- **Week 4: Reframing - Change your mindset – create a new reality**

- **Goal:** 'You are what you think'. Your mind creates the way you are, how you receive information and how you are perceived.

- **Core Idea:** The physical self responds to the mental pictures and frames that you have developed over the years. The body does know if a stimulus is real or created internally by the brain. Self re-inforcing beliefs keep you in your situation, makes it hard to change, unless your environment changes. Stress can be controlled but also harnessed. Learn to talk to yourself differently. Don't chase success – chase excellence. This new stimulus is free!

- **Week 5: Get Lucky!**

- **Goal:** "Foster an optimistic mindset and create opportunities."

- **Core Idea:** Shifts focus to mindset and opportunity recognition. Daily tasks include trying something new, giving something a go, exploring, feeling uncomfortable sometimes, practicing gratitude, positivity, and engaging in networking. The

"Demonstration Day" involves sharing a "lucky break" moment and its contributing factors.

- **Week 6: Get Fit - Get Clever**

- **Goal:** "Improve physical and mental fitness simultaneously."
- **Core Idea:** A holistic step addressing both physical exercise and intellectual development (e.g., reading educational material). Progress is tracked both physically and intellectually. The "Demonstration Day" showcases "fitness progress... and share a learned insight."

- **Week 7: Inform - Share and Tell**

- **Goal:** "Impact others and reflect on your transformation."
- **Core Idea:** The culmination of the programme, focusing on altruism, mentorship, and sharing one's personal journey. It encourages participants to "help someone in need or volunteer your time." The "Demonstration Day" involves inspiring others by sharing the journey "publicly."

3. Key Themes and Important Ideas

- **Action-Oriented and Practical:** The programme is highly practical, providing concrete "Daily Tasks" for each step. The motto "In a day" reinforces the emphasis on immediate and consistent action.
- **Holistic Personal Development:** While individual steps focus on specific areas (finance, social, physical), the programme cumulatively aims for a comprehensive transformation, addressing financial well-being, social standing, physical and mental health, and even contributing to others.
- **Incremental Progress and Momentum:** The "Week-by-Week Breakdown" suggests a gradual build-up of habits and skills. The programme is "designed to build momentum and transform lives through actionable, incremental steps."
- **Accountability and Demonstration:** The "Demonstration Day" at the end of each week is a crucial element, serving as a point of accountability and an opportunity to solidify learnings and celebrate progress. It moves beyond theoretical understanding to practical application and public display.
- **Mindset and Opportunity Creation:** The "Get Lucky!" step highlights the importance of an optimistic mindset and proactive networking in creating opportunities, rather than passively waiting for them.
- **Contribution and Reflection:** The final "Make a Difference - Share and Tell" step not only encourages helping others but also prompts participants to reflect on and

articulate their own transformative journey, solidifying their learning and inspiring others.

4. Conclusion

The "Achiever Plus" programme, "Life change - a new you in one month!", offers a clear, structured, and actionable pathway for individuals seeking significant personal transformation. Its strength lies in its daily action-oriented approach, culminating in regular demonstrations of progress across diverse life areas. The integration of financial, social, physical, mental, and philanthropic elements provides a holistic framework for personal growth.

So why the plus?

The aim is to try and get the actions above a certain score or level – at the start its only 50% - for each of the areas, but over time to exceed that, to 75% and higher.

A woman with dark hair is shown in profile, looking upwards with a hopeful expression. The background is a dramatic sky with dark clouds and a bright light source, possibly the sun or moon, creating a silhouette effect. Lightning bolts are visible in the sky.

JUST 7 SMALL STEPS TO CHANGE YOUR LIFE

IN A DAY!

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ACHIEVER

Plus

A programme for living