FORM 4	4
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Check this box if no
longer subject to
Section 16. Form 4 or
Form 5 obligations
may continue. See
Instruction 1(b).

(Print or Type Perponses)

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)										
1. Name and Address of Reporting Per Wan Jerry	2. Issuer Name an ACHIEVE LIF			0,		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director10% Owner				
(Last) (First) 1040 WEST GEORGIA STRE 1030	3. Date of Earliest Transaction (Month/Day/Year) 08/16/2022						X_Officer (give title below) Principal Accountin	Other (specify b ng Officer	elow)	
(Street) VANCOUVER, A1 V6E 4H1	4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City) (State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1.Title of Security (Instr. 3)		2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form: of Indire Benefici	Beneficial
			Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
Common Stock	08/16/2022		A <mark>(1)</mark>	V	2,827	А	\$ 4.37	3,502	D	
Common Stock	08/16/2022		F		266 <mark>(2)</mark>	D	\$ 4.37	3,236	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1474 (9-02)

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

	(e.g., puts, calls, warrants, options, convertible securities)													
1. Title of	2.	3. Transaction	3A. Deemed	4.	5.		6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transaction	Nu	Number and Expiration Date A		Amount of Derivativ		Derivative	Derivative	Ownership	of Indirect	
Security	or Exercise	(Month/Day/Year)	any	Code	of	f (Month/Day/Year) U		Unde	rlying	Security	Securities	Form of	Beneficial	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Der	ivative			Securities ((Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				Sec	urities	ties		(Instr. 3 and			Owned	Security:	(Instr. 4)
	Security				Aco	quired			4)			0	Direct (D)	
					· · ·	(A) or						1	or Indirect	
					Disposed							Transaction(s)	· /	
						of (D)						(Instr. 4)	(Instr. 4)	
					(Instr. 3,									
					4, and 5)									
										Amount				
							Date	Expiration		or				
							Exercisable		Title	Number				
								Date		of				
				Code V	(A) (D)				Shares				

Reporting Owners

	Relationships								
Reporting Owner Name / Address	Director	10% Owner	Officer	Other					
Wan Jerry 1040 WEST GEORGIA STREET SUITE 1030 VANCOUVER, A1 V6E 4H1			Principal Accounting Officer						

Signatures

Sandra Thomson as attorney-in-fact for Jerry Wan 08/18/2022

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Represents shares of common stock acquired under the Issuer's 2017 Employee Stock Purchase Plan ("ESPP").
- (2) Represents shares of common stock that have been withheld by the Issuer to satisfy the tax liability in connection with the purchase of shares under the ESPP.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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