



The 2026 Horizon Program

Architecting Your Future with
Resilient Intentionality

A Coaching Framework by Michelle de Havilland

Today's landscape requires a new navigational model.

We operate in a world defined by a new set of 'weather patterns.' The old rules of linear progress and relentless hustle are proving insufficient against systemic challenges.

Economic Volatility

Constant shifts in markets, inflation, and the nature of work create underlying uncertainty.

Digital Saturation

The battle for our attention fragments focus, crowds out deep work, and impacts our cognitive space.

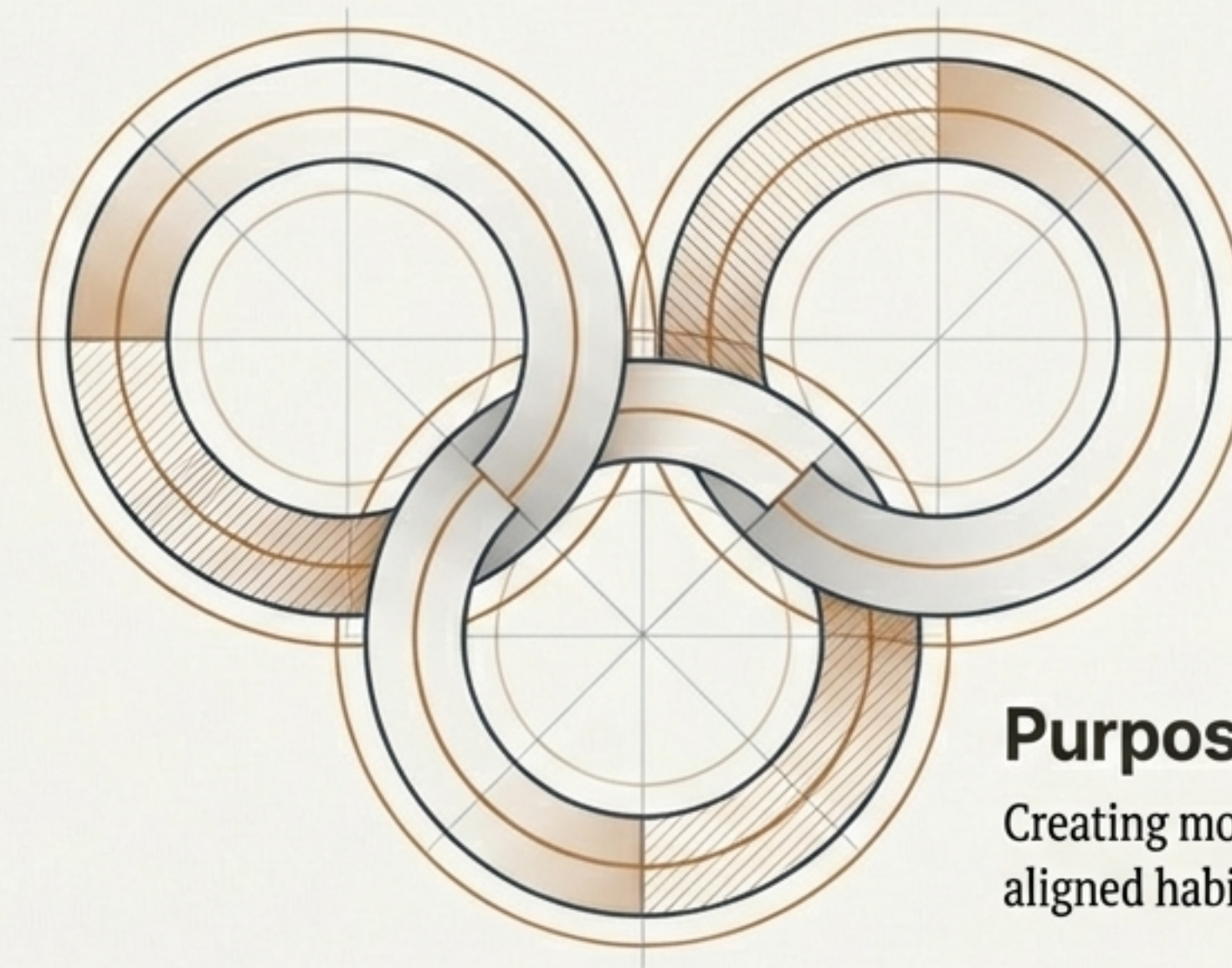
The Wellbeing Imperative

There is a growing understanding that high performance is unsustainable without a foundation of mental fitness and internal equilibrium.

The response is not to brace for impact, but to build Resilient Intentionality.

Resilient Intentionality is the capacity to not just adapt to the future, but to shape it with clarity and calm. It is a system for sustainable performance, where success is measured by both external achievement and internal equilibrium.

**Strategic
Foresight**
Moving from reactive to
directional thinking.



**Nervous System
Regulation**
Building your baseline capacity
for challenge from the inside out.

Purposeful Action
Creating momentum through
aligned habits and systems.

The program is built upon four integrated pillars.

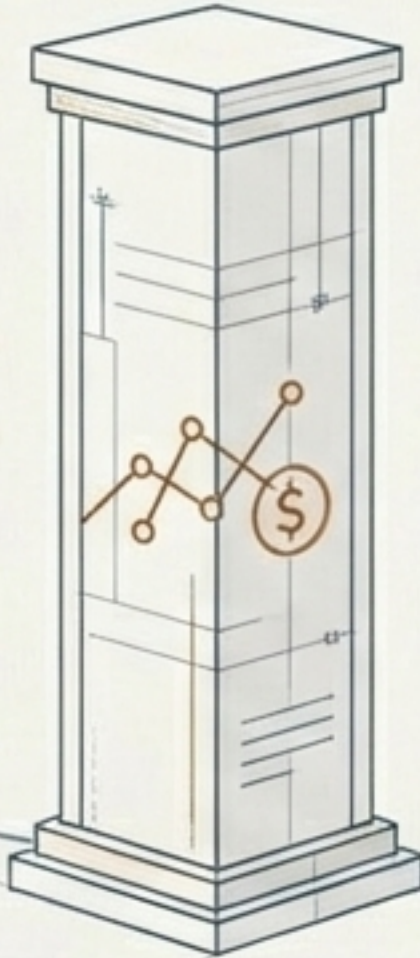
Future Self Architecture

Aligning goals with your core identity.



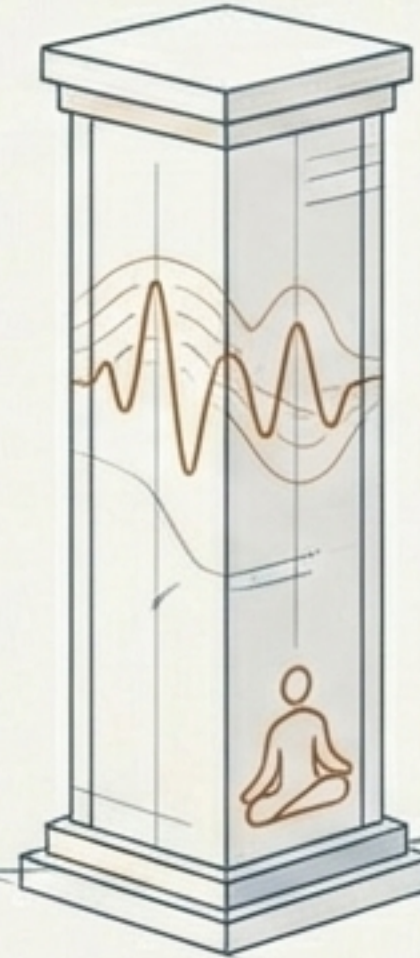
Economic & Digital Fluency

Navigating uncertainty with skill, not fear.



Mental Fitness & Nervous System Regulation

Building capacity from the inside out.



Purposeful Action Systems

Creating momentum through aligned habits.



A 10-session journey to architect your 2026 horizon.

Phase 1: Foundation (Sessions 1-3)

Gaining Clarity & Awareness

We begin by mapping your current landscape—personally, economically, and digitally—and defining the Future Self you are becoming.

Phase 3: Integration (Sessions 8-10)

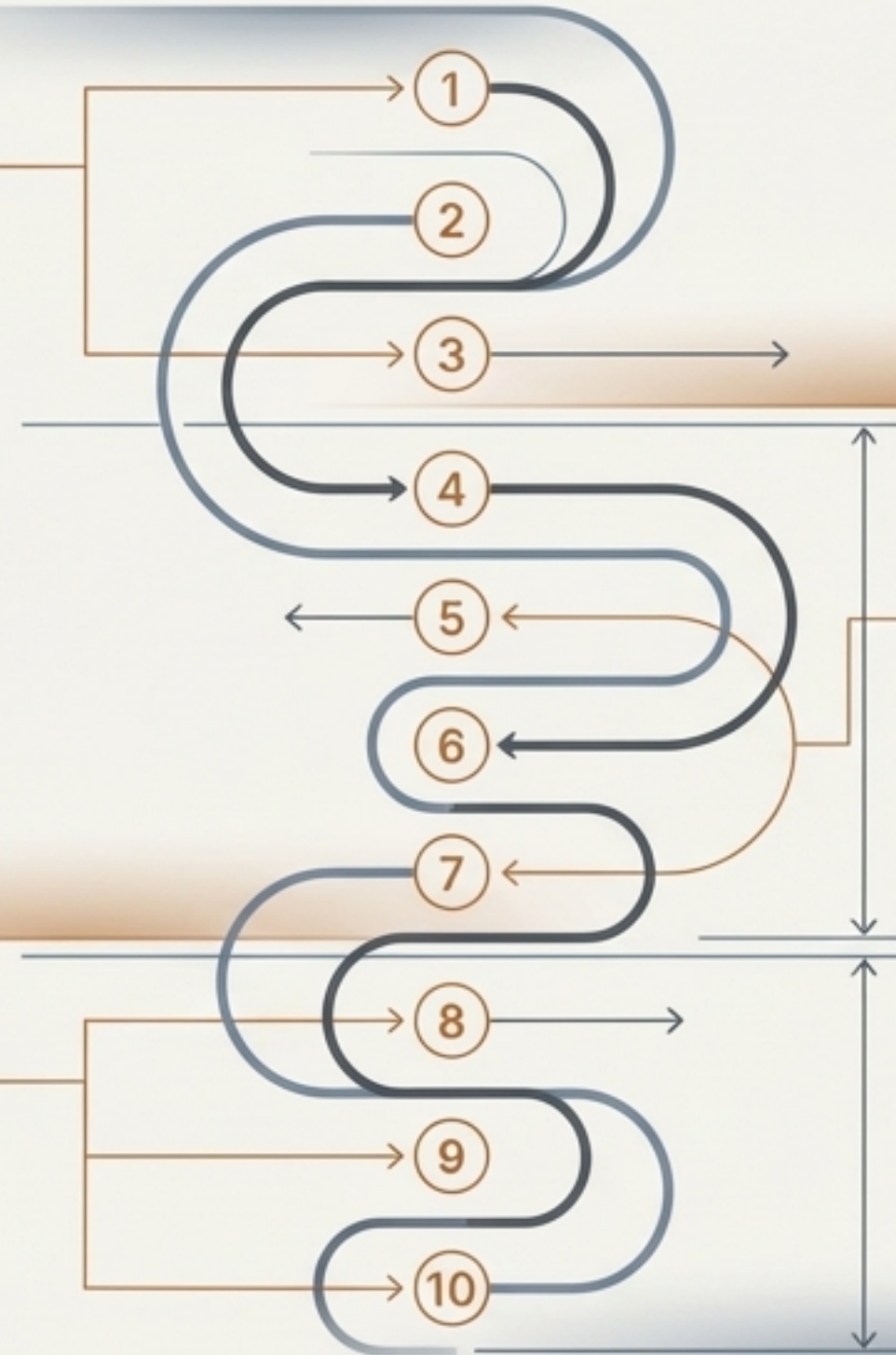
Ensuring Adaptability & Embarkation

We stress-test your plan, build your support ecosystem, and solidify the identity and commitment required to launch with confidence.

Phase 2: Construction (Sessions 4-7)

Building the Blueprint & Scaffolding

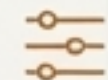

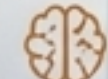
We translate vision into a tactical plan, architecting the resilience, boundaries, and energy systems required to build it.



Phase 1: Foundation – Where am I now, and who do I need to become?

This initial phase is about building a true and honest foundation. Before we can build, we must understand the terrain and the materials we are working with.

Key Session Themes

-  **Session 1: The Current Landscape & The Future Self**
 - Auditing the 'weather patterns' in your life and journaling from the perspective of your accomplished 2026 self.
-  **Session 2: Economic Identity & Financial Nervous System**
 - Moving beyond survival fears to understand your economic story and its impact on your decisions.
-  **Session 3: Digital Ecology & Cognitive Space**
 - Intentionally designing your attention environment to protect focus and nourish your mind.





Spotlight Question

If your Future Self of December 2026 is looking back with deep satisfaction, what three words describe how they feel?

Phase 2: Construction – Translating vision into a resilient structure.

With a clear foundation, we shift to constructing the architecture for your future. This phase is about directional planning and resource protection.

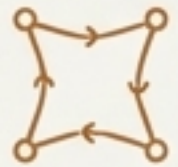
Key Session Themes

-  **Session 4: The Resilience Blueprint**
 - Establishing non-negotiable practices for recovery and mastering your nervous system fundamentals.
-  **Session 5: Purpose & Vision – The 2026 Compass**
 - Defining a ‘North Star’ goal that is inspiring, not draining, and retiring outdated ‘shoulds.’
-  **Session 6: Strategic Scaffolding**
 - Breaking down your vision into tactical Q1 2026 projects and identifying the necessary resources.
-  **Session 7: Energy & Boundary Architecture**
 - Aligning your schedule with your natural energy rhythms and learning to say a graceful ‘no.’

Phase 3: Integration – Making the plan adaptable and the identity real.

The final phase ensures your architecture can withstand real-world conditions. We focus on flexibility, support, and the deep work of identity integration.

Key Session Themes



Session 8: The Adaptability Mindset

- Stress-testing your plan with scenario planning for both challenging disruptions and ‘black swan’ opportunities.



Session 9: The Support Ecosystem

- Mapping your network of mentors, peers, and partners to ensure you are fully supported.



Session 10: Embarkation – The 2026 Launch Protocol

- Solidifying your new identity and committing to your first 90-day sprint with a clear mantra and promise of self-compassion.

Spotlight Concept

“I am the kind of person who...” – Completing this sentence to anchor the new identity.

The work is done through powerful inquiry, not just instruction.

The program facilitates discovery through a structured coaching process. You will move from abstract goals to embodied understanding through guided reflection and targeted questions.

Examples of Coaching Questions

“What is your ‘Economic Identity’? Where did this story come from?”

“What older goal or ‘should’ do you need to respectfully retire to make space for this new vision?”

“Imagine a challenging disruption. What is your ‘Plan B’ core response?”



Examples of Client Reflection Prompts

“My body’s response to money stress shows up as...”

“A boundary I need to communicate is...”

“The most important insight from this program has been...”



The outcome is a future shaped by design, not by default.

Upon completing The 2026 Horizon Program, you will possess not just a plan, but a new operating system for navigating your personal and professional life.



Clarity

A well-defined vision for 2026, connected to your core values and translated into an actionable plan.



Capacity

An expanded ability to handle stress, manage your energy, and maintain focus in a saturated world.



Confidence

The skill and mindset to navigate uncertainty, make aligned decisions, and trust in your ability to adapt and thrive.



Equilibrium

A state of sustainable performance where external achievement is integrated with a regulated and calm internal state.

Your Horizon Awaits.

“The future is not a wave to be feared, but a current to be navigated. You have now charted your course, built a more resilient vessel, and honed your navigational skills. The horizon of 2026 awaits—not with a promise of calm seas, but with the certainty of your capable presence.

Proceed with intention.”

– Michelle de Havilland

