

The Working Strategist's Field Guide: The Leader's Blueprint 2026 Edition

FIRST EDITION

© 2025 by Noelle Federico

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Thank you...

God... for all the blessings, the Grace and for always making ways where there are no ways.

To my clients, friends, followers, supporters and fans of **The Working Strategist** brand thank you for allowing me into your lives and thank you for every day pushing me to work harder and be better so that I will have insights to share with you...you are all MY inspiration...

Xoxo,
Noelle

Introduction

Welcome to **The Working Strategist's Field Guide: The Leader's Blueprint 2026.**

This is your space to pause, reflect, recalibrate, and design the year ahead with intention. Use this guide to close out the year you've just lived – the lessons, the wins, the losses, the surprises – and to create a clear, actionable blueprint for 2026 that aligns who you are with what you want.

The life and career or business you want won't come from wishing, waiting, or overthinking. It comes from clarity, discipline, and daily habits that support your goals. You are the architect of every result you create and when you change how you think about what's possible, everything around you starts to change.

This Field Guide is built to help you. It's a working document – a mix of reflection, strategy, and planning designed to help you see where you've been, decide what's next, and move forward with focus. You'll identify what worked, what didn't, and what needs to change. You'll also learn how to build systems and habits that make progress inevitable instead of optional.

The end of a year is more than a finish line – it's a checkpoint. Taking time to evaluate what's complete allows you to release what no longer fits and make room for what's next. You can't move forward while

you're still dragging old energy, old habits, or outdated goals. Completion is power.

This workbook will walk you through the process of closing loops, clarifying priorities, and designing your next chapter with strategy, gratitude, and grit.

Grab a pen, get honest with yourself, and let's get to work. 2026 is not going to build itself. With the right mindset and a clear plan, you can build it intentionally, one strategic move at a time.

Let's get to work.

I GET
JUST WHAT
I EXPECT

... i believe
it's possible
That's how come
i get it...

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05454

Welcome to The Leader's Blueprint 2026—

YOU can make your own miracles by learning to train your mind to focus.

Let's start by looking at the past year as it closes out, start to think about what happened this in 2025 ---what should be celebrated, what you want to leave behind you, the blessings, the things you learned...there is a lot of power in evaluating something and saying it is 'complete' which means you are finished with it!

Lots of times we are so busy just trying to just 'get through it' that we forget to really LOOK at what happened...so take some time and let's help you to be complete with this year...

- What were you happy about this year?

- What made you angry, sad or uncomfortable this year?

- In your professional and personal life what worked this year and what didn't work?

- What did you accomplish that you were proud of this year?

"CHANGE
IN ATTITUDE
doesn't
happen
overnight."
-tristone

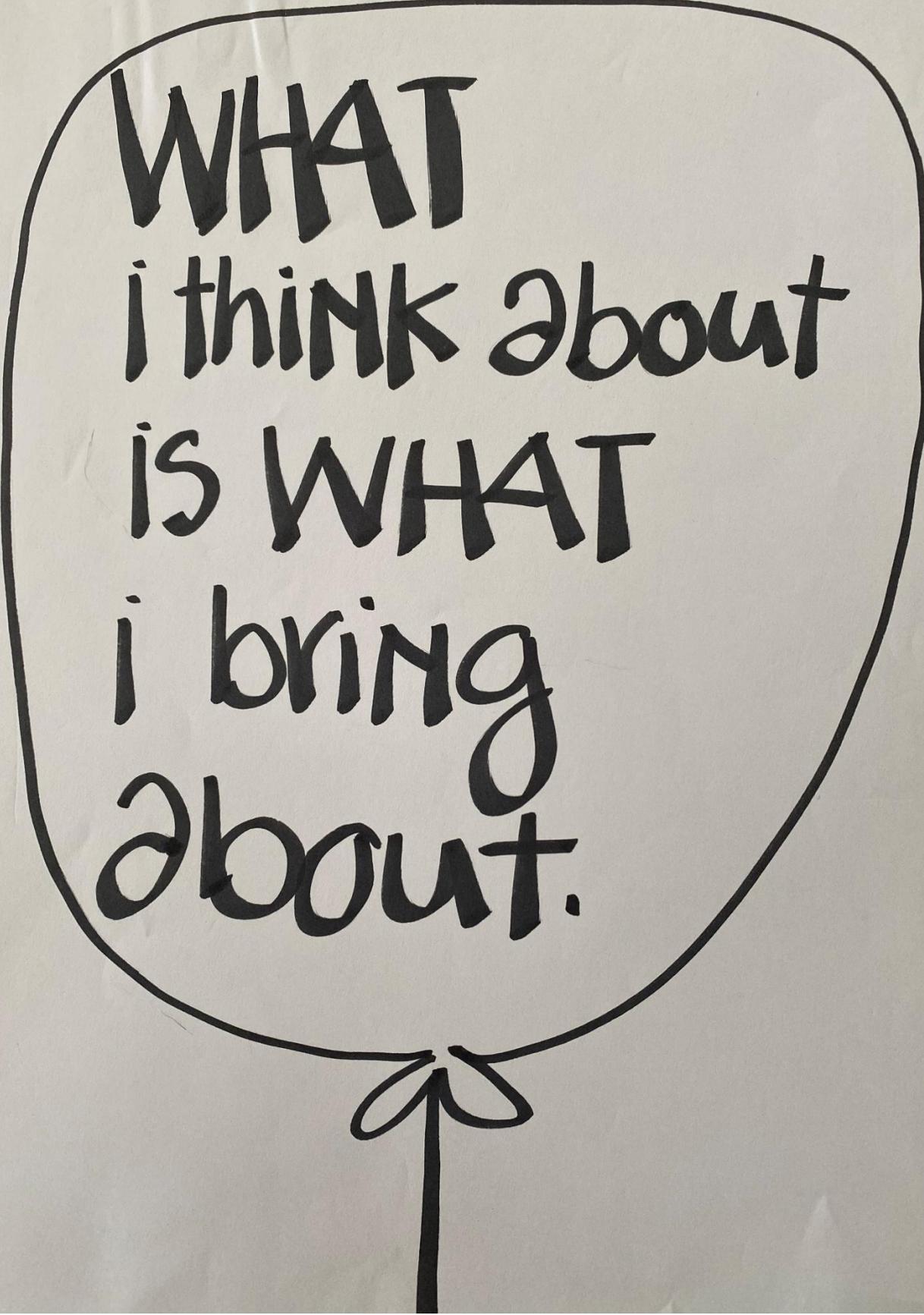
- **What did you wish you had done this year that did not get done?**

(note the things from this list that you want to carry over into your 2026 plan)

● What fears stopped you this year?

(which of these is it time to let go of?)

- What were the key lessons in 2025 and what blind spots were revealed?

A hand-drawn speech bubble with a thick black outline. Inside the bubble, the text is written in a bold, black, hand-drawn font. The text is arranged in five lines: 'WHAT', 'i think about', 'IS WHAT', 'i bring', and 'about.'. The bubble has a small stem at the bottom with a simple knot-like detail.

WHAT
i think about
IS WHAT
i bring
about.

- What habits or behaviors limited your effectiveness this year?

- **As you think about the New Year, what do you want to leave behind?**

- **What was your income goal in 2025?**

- **What was your actual income?**

- **How does that make you feel?**

- **Things I am celebrating from 2025:**

- **Things and people that I am forgiving from 2025 (including myself if needed):**

- Rate this past year on a scale of 1 to 10-- 10 being the BEST

- What word best describes/ sums up this year?

Okay, good work!!!! ...take one last look over your end of year wrap-up and then let's bless it ALL...the lessons, the hard stuff, the celebrations...all of it. Now declare yourself complete, forgiving yourself for all the things that you think you could have done better. Accept that you did the best you could and it was all perfect. Now time to move on to what's next... creating a WONDERFUL New Year!!!

"Getting
People
to like
YOU...
is ONLY the
OTHER side of
LIKING
THEM"

- NORMAN VINCENT PEALE

Here are TWO things that are going to help you create the NEW year that you want:

1. Affirmation Flash Cards

You will remember flash cards as a learning tool from when you were a kid. When I was in school, we used them to train ourselves to learn information such as multiplication tables or the periodic table of elements...

Now we are going to use them to alter the way that you think about your life. Start by getting 10 index cards and on each card write an affirmation or statement of how you want your life to be.

- Examples:

- I am prosperous & peaceful.
- I have excellent friends.
- I am healthy and happy.
- I am well paid with plenty of money to spare and share.
- I workout daily and eat only foods that serve me.
- My relationships contribute to my life.
- My children are happy and healthy.
- I have plenty of energy to do what needs to be done by me.

***at the end of this book there are lots of affirmations that you may find helpful as you begin using this tool.

You get the idea...once you have your 10 statements then use the cards twice a day, flipping through them until the statements on

them become part of the way that you think about your life.
Change/update the cards as needed.

2. Choose Your Words Wisely

Your words have a LOT more power than you think they do...stop complaining, stop talking about what you don't want more of, speak about things based on how you want them to be and not on the way that they look in the moment.

If you cannot find something good or positive to say just be quiet for a while. Complaining, whining and being nasty or negative only makes the day worse for everyone.

You will create what you speak about—so make sure that you are speaking about the good and about what you want to see happen. Do not use your words to spread doom and gloom.

- **What are the 10 most important results that you want from 2026?**

- **What is your personal income goal for 2026?**

- **If you have a Business what is your revenue goal for 2026?**

Investing in yourself

- **What are some things that you want to learn this year?**

(what courses, classes, trainings etc)

- **How about something NEW that you want to try?**

- **What are you going to do this year to take care of yourself?** (ex. eat healthier, drink more water, do yoga, ride your bike more, get outside for walks, hit the gym, meditate)

Let's Talk About the Power of Relationships

One of the longest-running studies in history, the Harvard Study of Adult Development, chronicled in the book *'The Good Life'* came to a simple but profound conclusion: our relationships are the single most important factor for a fulfilling, healthy, and happy life. Not wealth. Not achievement. Not accolades. Relationships.

Decades of research showed that the quality of our connections with others directly impacts our mental health, our physical well-being, and even our longevity. Strong, supportive relationships literally keep us alive longer and make the journey richer, deeper, as well as far more meaningful.

In leadership and business, it's easy to get caught up in metrics, goals, and output. Yet no amount of success will ever replace the strength of your relationships with your team, your clients, your partners, your friends, or your family. People are the infrastructure of every great idea. Connection is the currency that builds trust, collaboration, and resilience. Success built in isolation doesn't last.

Positive psychology backs this up. Researchers like Martin Seligman and Sonja Lyubomirsky found that happiness is relational it grows through belonging, empathy, gratitude, and shared purpose. When we have people, we can lean on and people who can lean on us, we handle stress better, recover faster, and lead with more heart. Connection doesn't just make life feel better; it makes us perform more effectively.

As you design your year, don't just plan for goals plan for people. Be intentional about how you show up in relationships. Listen more deeply. Acknowledge others' efforts. Repair what's strained. Appreciate what's strong. The quality of your relationships will always determine the quality of your life and your leadership.

- What will you do to improve your relationships with people this year?

- How can you be a better friend, a better boss or manager?

Suggested Action Steps for Relationship Building

- **Schedule Connection Time:** Block time on your calendar each week to reach out to someone who matters. A 15-minute check-in counts.
- **Lead with Listening:** In your next meeting or conversation, speak less and listen fully. People remember how you make them feel.
- **Celebrate Often:** Don't wait for milestones to acknowledge progress, effort, and integrity.
- **Nurture Your Network:** Relationships are like gardens, they grow where you give attention. Water them.

Think about the areas of your life and leadership where you've felt stretched, resentful, or depleted.

Boundaries are not walls; they are frameworks for peace, clarity, and effectiveness.

Examples of Boundaries to Consider This Year

1. Time Boundaries

Protect your focus and energy.

- **Setting clear work hours and honoring them.**
- **Blocking uninterrupted time for deep work or rest.**
- **Saying “no” to meetings or commitments that don't align with priorities.**
- **Not checking emails or messages after a certain hour.**

2. Energy Boundaries

Guard where your emotional and mental energy goes.

- **Limiting exposure to negativity, gossip, or unproductive conversations.**
- **Recognizing who drains you and reducing time with them.**

- Creating space after high-intensity work or emotional demands to recharge.

3. Relationship Boundaries

Define what's acceptable in how others treat you—and how you treat them.

- Requiring respect in tone, timing, and communication.
- Refusing to take responsibility for others' moods or problems.
- Clarifying expectations in professional or personal relationships.
- Not overexplaining or apologizing for holding your line.

4. Workload Boundaries

Protect your capacity so you can perform at a high level sustainably.

- Delegating instead of doing everything yourself.
- Pushing back on scope creep or unclear responsibilities.
- Taking your full time off without guilt.
- Setting clear “office hours” even if you run your own business.

5. Digital Boundaries

Reduce mental clutter and distraction.

- **Turning off nonessential notifications.**
- **Keeping your phone out of reach during strategic work blocks or meals.**
- **Unfollowing accounts that trigger comparison or anxiety.**
- **Establishing “no screen” hours—especially before bed.**

6. Financial Boundaries

Lead your money instead of letting it lead you.

- **Saying no to clients or projects that don't align with your values or worth.**
- **Sticking to your pricing and not discounting out of fear.**
- **Creating clear budgets for personal and business goals.**
- **Separating emotional spending from intentional investing.**

7. Self-Care Boundaries

Commit to your non-negotiables for well-being.

- **Prioritizing sleep, exercise, and downtime like business appointments.**
- **Protecting solitude or spiritual practice time.**
- **Saying no without explanation when your body or intuition says so.**
- **Allowing yourself to rest without guilt.**

- **Where do you need to draw the line so you can lead, live, and perform from alignment instead of exhaustion?**

- What would you do if you could not fail?

"
TO
FEAR
IS TO BELIEVE
SOMETHING
THAT YOU
DO NOT
WISH (INTEND)
TO BELIEVE"

-helen wilmans-

- **How will you help and add value to others this year?**

- **What qualities will you call forth this year?**

- **And how will you demonstrate them in your daily life?**

- **What will your legacy be and what actions can you take in 2026 to make that happen?**

"FOR
everything
you missed,
you gained
something
else."

- Ralph Waldo Emerson

- What are the 5 things that you appreciate MOST about yourself?

it's NOT
What we have
IN OUR LIFE,
but **WHO**
We have IN OUR LIFE
THAT
COUNTS.

-J.M. Lawrence

wonderworks studio buck hollow rd. fairfax, Vermont

- What is your WORD for this NEW year?

- What are you excited about this year?

- What are you grateful for RIGHT NOW?

Goal Setting/ Manifestation List

When you want to create something or when you have a goal that you want to bring into being it is a good idea to get into the habit of writing down what you want to manifest.

Writing these things down on a consistent basis and reviewing them frequently helps your mind to bring them into your life.

When you write something down in your own handwriting it helps you to OWN it—meaning that it helps you to imagine it and that helps make it real for you.

After you write down the things that you want, look at the list regularly and every month cross off the things that happened and list out new things that you want to happen.

Use the monthly sheets to keep track of your lists and at this time next year you will be surprised at all the progress you have made!

Here are some definitions to help you understand the words manifest and goal.

Goal: a result that you want to achieve

ex. to get a new job

Manifest: to prove, to show plainly, to bring into being

January 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

February 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

March 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

April 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

May 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

June 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

July 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

August 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

September 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

October 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

November 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

December 2026

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

WHAT
IS required
is always
PRESENT
COUNT ON
THIS

..... principles 16 to 20

14.

Creating a Vision Board

Using your imagination is a powerful tool—being able to picture the things that you want to create for your future helps you to bring them into your life. Making a vision board is a fun and creative way to do that. Below are the materials needed and some simple guidelines to get you started. Have fun!

MATERIALS that you will need:

- Poster board
 - Magazines
 - Other images and text from artwork, old books, computer printouts, etc. (optional)
 - Scissors
 - Glue sticks or rubber cement glue
 - Paper and pen
 - Sharpies or other permanent markers (optional)
-
- The first thing to do is to make a list of the areas that you might want to cover on your board—things like income/money, health, relationships, family, work, skills, travel, creativity etc. Once you have an idea of the areas that you want to cover you will know what kinds of pictures and words you are looking for.
-
- Find images and words for the vision board. Search for and cut out images and words that represent your goals and/or the things that you want to manifest for your future. Go through stacks of magazines and clip everything you like—colors, words, interesting images—that relate to your goals and intentions.

- Next, sort and arrange the images and words that you feel best represent the goals and intentions that you have in mind for yourself. Once you are happy with the arrangement you can glue the words and pictures onto the poster board. You can add your own words if you wish either in your handwriting or by typing things out on the computer and printing them out. Save the pictures and words that you don't use (start a folder) because you may use them next time. This vision board process is one that you will want to repeat every few months as your intentions and goals will change and you will want to keep it fresh.
- Display your board on the wall in your bedroom where you will be able to look at it several times a day---every time you look at it say to yourself, "every day in every way things are getting better and better"

End Note...

To create a future unlike the past takes work, you need to put in the effort to have the kind of life that you want. **ANYTHING** is possible if you are willing to do the work.

Use the index cards, pay attention to how you are using your words, write down your goals and the things you want to manifest and create your vision boards. Look at them several times a day. Go over your goals/ manifestation list daily and make new lists monthly---change out your index cards when needed. These things are **TOOLS**—tools are meant to be used.

The only person that can say how your life turns out is you, no matter what your circumstances are you still have power over your own words, thoughts and actions. In order to change your life you have to be able to control yourself and stay focused on your intentions.

The world will constantly be trying to draw your attention to what is wrong and what isn't working--- you must be able to **FOCUS** on what is important to you.

No matter how old you are you **CAN** change your life, you only need to do the work and it **IS** work. Every day you have to remember to be happy and grateful, you have to leave complaining and whining at the door. Use the tools, do the work and email me to tell me how you are doing.

You can reach me at noelle@fortunatopartners.com and I actually read my own emails:) and I respond.

I know the world seems crazy right now, however it is only what it looks like in the moment. This too shall pass and the more you can stay focused on the good and the life that you want to have the better off you will be. Everything turns out. I promise.

When I was 11, Mom taught me to constantly repeat to myself, “every day in every way things are getting better and better” you can do that too.

You can do this. I know it.

Cheers to you and your wonderful 2026,

Noelle

Affirmations that you may find helpful for the Index Card Assignment...

***all of these affirmations have been taken from various books written by my Mom, Toni Stone. In some cases they have been edited for use here.

- Today I am doubtless and sure.
- Today I do what I said I would do.
- Today I am capable of great things.
- I give up creating obstacles.
- I perfect new skills.
- I am avoiding what doesn't work.
- I rejoice in the company of good friends.
- I have happy holidays with my family.
- There is plenty to spare and share.
- Friends encourage me to achieve and I am grateful for them.
- Gratitude grows.
- Blessings are bountiful.
- Correct solutions are put into action.
- Divine ideas inspire action.
- I am a helper.
- Everybody helps someone else today.
- Families are grateful for each other.
- Forgiveness continues.
- Gladness is expressed.
- Miracles abound today.
- Good humor prevails.
- Great opportunities open up.
- Grief turns to gratitude.
- Happy actions happen.
- Inner wisdom grows.
- Kindness continues to occur.
- Laughter is let out.
- Life is lived joyfully.
- Limited thinking dissolves.

- Loving people occurs more often.
- Mistakes are cleaned up.
- Money multiplies.
- Motives are made pure.
- Negotiation brings solution.
- New goals are generated.
- Old makes way for new.
- Partnerships are based on truth.
- People listen and learn.
- People teach what they are learning.
- Praise prevails.
- Refreshing solutions become clear.
- Safety prevails.
- Skills bring benefit.
- Sparkling spirit shines forth.
- Teachings guide more good.
- Divine ideas are seen.
- Thinking differently enables much.
- Transformation continues.
- What matters is clear.
- What is false falls apart.
- What is hidden is revealed.
- Willingness to cooperate escalates.
- Wisdom is shared.
- I am fortunate, successful, and grateful.
- I know what to do and I do it.
- I know where to go and I go there.
- I know what to remember and I think of it.
- I know that giving causes getting...the more I give the more I get.
- I see what I decide to see.
- I change the way that I think about things.
- I only speak about the good.

- I have a future unlike the past.
- I always have what is necessary in each moment.
- I look to my future happily knowing that only the best comes to me.
- I have an attitude of gratitude.
- I produce what is new now.
- I expect only good.
- I remember only the good.
- Good is flowing in ever increasing amounts.
- What is required is always present.
- I am grateful that daily supply is abundant.
- I recognize the goodness and plenty of life.
- Today, I give up talking about problems.
- I am glad to see the highest good in all situations.
- I remember that whatever I talk about, I get more of.
- I change my speaking to reflect only what I want more of.
- I am learning new habits and behaviors now.
- I understand how everything can be used to bring about more good...I have that power...I use it.
- I know how to achieve intended outcomes.
- I easily manifest my goals.
- Seeming problems are diffused.
- Workable patterns emerge now.
- My good appears all over the place now.
- I am filled with JOY.
- I am happy, healthy and have plenty of energy to do what needs doing today.
- I spread joy.
- I accomplish great things with ease.
- I am glad to be cheerful and certain.
- I move beyond where I thought I was stuck.
- I identify with good ideas.
- I stop complaining.
- Good is abundant.

- I pay attention.
- My success is progressive.
- I open up pathways to new futures unlike the past.
- I am safe and protected wherever I go.
- I say goodbye to fear.
- I wake up alive and alert each morning.
- I am open and receptive to miracles in my day.
- I greet the day with optimism.
- I declare that fear has no power over me.
- Good is assured.

About the Author:

Noelle Federico (*@The Working Strategist*) is a strategist, consultant, and executive coach with nearly four decades of experience guiding leaders, entrepreneurs, and professionals to think sharper, communicate stronger, and execute with clarity.

As the CEO of Fortunato Partners, Inc., and founder of Unbreakable Wisdom, Noelle has advised high-performing individuals and organizations across industries on business strategy, leadership, and communication. Her work combines deep business acumen with practical mindset tools, helping people move from reactive to strategic—and from busy to effective.

A lifelong learner and master of her craft, Noelle graduated Phi Theta Kappa from Fisher College and attended courses at Suffolk University. She holds seven certificates from Harvard Business School Online and one from the Yale School of Management Executive Education. She is a Certified Master Professional Coach, a member of the John Maxwell Certified Team, a Certified John Maxwell Behavioral Analysis Trainer, a Certified Wiley Everything DiSC Practitioner, a Dale Carnegie Graduate, and Dare to Lead™ trained. She is also a graduate of the Landmark Education programs, known for her ability to integrate personal mastery with high-level business and leadership strategy.

Noelle is also the creator and host of The Unbreakable Wisdom Show, and the architect behind The Leader's Blueprint, a suite of professional courses designed to help leaders build sustainable success.

She is always happy to hear from you, you can reach her at:

noelle@fortunatopartners.com

Continuing Your Work

The *Leader's Blueprint Workbook* is just the beginning. You can go deeper and continue your growth in several ways:

Take a Professional Course

Explore *The Leader's Blueprint* course catalog inside Unbreakable Wisdom: The School—with programs in leadership, communication, branding, systems, and business strategy. Each course is designed to strengthen how you think, lead, and perform.

 Visit: www.theleadersblueprint.com

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Tune into *The Unbreakable Wisdom Show* each Saturday for strategic insights and straight talk on business, leadership, and mindset.

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