

# The Anti-Resolution Workshop

Facilitation Guide | January 2026 | Week 1 Thursday

## Workshop Overview

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**Duration:** 90 minutes

**Format:** Interactive, guided session (live or recorded)

**Tool:** Future Self Canvas (with 30/90/6/9/12-month goal slots)

**Outcome:** Participants leave with a completed 12-month vision map

**Core Premise:** Instead of flimsy resolutions that fade by February, we build a **strategic, archetype-aligned vision map** that guides the entire year.

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### Pre-Workshop Checklist

**\*\*FACILITATOR PREP:\*\*** -  Send reminder email 24 hours before with: -  
Link to Understanding Archetypes guide - Link to Future Self Canvas tool -  
Prompt: "Bring 3 draft goals for 2026" -  Test Future Self Canvas tool  
(ensure save/download functions work) -  Prepare screen share with  
canvas visible -  Have examples ready (anonymized past canvases) -   
Set up breakout rooms if doing small group shares

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## Workshop Structure

### Part 1: Opening & Framing (0:00-10:00)

 10 minutes

**FACILITATOR SCRIPT:** "Welcome to the Anti-Resolution Workshop. Let me start with a question: How many of you have made New Year's resolutions in the past?" [Wait for responses] "And how many of those resolutions actually stuck past February?" [Laughter, acknowledgment] "Exactly. Here's why resolutions fail: They're vague, disconnected from your identity, and unsupported by systems or community. 'Lose weight.' 'Make more money.' 'Be happier.' These aren't plans—they're wishes. **Today, we're doing something different.** We're building a **12-month vision map** that's: - **Specific:** Not 'make more money,' but 'land 3 clients at \$10K each by Q2' - **Archetype-aligned:** Designed for who you actually are, not who you think you should be - **Time-bound:** With milestones at 30 days, 90 days, 6 months, 9 months, and 12 months - **Supported:** By this community, the BOSS™ framework, and accountability structures By the end of this session, you'll have a completed Future Self Canvas that you can download, print, and use as your roadmap for the entire year. Let's build."

**PARTICIPANT ACTIVITY:** - Open the Future Self Canvas tool (link in chat) - Enter your name and email - Have your archetype notes ready

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### Part 2: Understanding the Canvas (10:00-20:00)

 10 minutes

**FACILITATOR SCRIPT:** "Let's walk through the canvas. It has three sections: **Section 1: Your Future Self Identity** This is who you're

becoming in 2026. Not your job title—your **builder identity**. - **Identity Statement:** Who are you as a builder? Example: 'I am a fractional COO who helps scaling companies build operational systems.' - **Milestone:** What's the one big achievement that would make 2026 a success? Example: 'Land 5 retainer clients at \$8K/month.' - **Mindset:** What belief needs to shift for you to achieve this? Example: 'I don't need a fancy agency to charge premium rates.'

**Section 2: Your Moments**  
These are the feelings and experiences you want to cultivate—the 'why' behind your milestones. - **Moments:** List 3-5 specific experiences. Example: 'Take Fridays off without guilt,' 'Be recognized as a thought leader in my niche.'

**Section 3: Your Skills & Blockers** - **Skills to Develop:** What do you need to learn or improve? Example: 'LinkedIn content strategy,' 'Pricing confidence.' - **Potential Blockers:** What might get in your way? Example: 'Imposter syndrome,' 'Inconsistent lead generation.'

**Section 4: Your Timeline Goals**  
This is where we get specific. You'll set goals for: - **30 days:** Quick wins to build momentum - **90 days:** End of Q1 milestones - **6 months:** Mid-year check-in - **9 months:** Q3 targets - **12 months:** Year-end vision Each goal should be **specific, measurable, and aligned with your archetype.**  
Let's start building."

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### Part 3: Guided Canvas Completion (20:00-60:00)

 40 minutes

**FACILITATION APPROACH:** - Walk through each section one at a time  
- Give 3-5 minutes of silent work time per section - Share examples (your own or anonymized past participants) - Offer archetype-specific prompts (see below) - Pause for questions after each section

#### Section 1: Identity, Milestone, Mindset (5 minutes)

**PARTICIPANT ACTIVITY:** Fill in: - **Identity Statement:** "I am a [archetype] who [value you create] for [target audience]." - **Milestone:**

"By December 2026, I will have [specific, measurable achievement]." -  
\*\*Mindset Shift:\*\* "I need to believe that [new belief] instead of [old limiting belief]."

**ARCHETYPE-SPECIFIC PROMPTS:** - **Architects:** Your milestone should involve building a system or framework. Example: "Launch my signature consulting framework and land 3 clients." - **Catalysts:** Your milestone should involve creating movement or transformation. Example: "Build a community of 500 engaged members." - **Craftspeople:** Your milestone should involve deepening expertise or delivering quality. Example: "Become the go-to CFO for SaaS startups in my city." - **Conductors:** Your milestone should involve leading or orchestrating. Example: "Build and manage 3 high-performing teams for fractional clients."

## Section 2: Moments (5 minutes)

**PARTICIPANT ACTIVITY:** List 3-5 moments (feelings, experiences) you want to cultivate in 2026. **Examples:** - "I want to feel confident pitching \$15K projects without apologizing." - "I want to take a 2-week vacation without checking email." - "I want my kids to see me building something I'm proud of." - "I want to be invited to speak at industry conferences."

## Section 3: Skills & Blockers (5 minutes)

**PARTICIPANT ACTIVITY:** - **Skills to Develop:** What do you need to learn? (LinkedIn strategy, pricing, sales, delegation, etc.) - **Potential Blockers:** What might derail you? (Imposter syndrome, inconsistent marketing, overcommitting, etc.)

**FACILITATOR TIP:** Normalize blockers. Say: "Everyone has blockers. The goal isn't to eliminate them—it's to name them so you can plan

around them. If you know imposter syndrome shows up when you're pricing, you can prepare scripts and get accountability."

#### **Section 4: Timeline Goals (25 minutes total)**

**\*\*FACILITATION APPROACH:\*\*** Walk through each time horizon one at a time. Give 3-5 minutes per section. Share examples.

#### **30-Day Goals (Quick Wins)**

**\*\*PARTICIPANT ACTIVITY:\*\*** What can you accomplish in the next 30 days to build momentum? **\*\*Examples:\*\*** - "Complete my Archetype Workbook and Business Model Canvas" - "Conduct 3 informational interviews with potential clients" - "Post 5 LinkedIn articles about my niche" - "Join a GSD Pod and set Q1 goals"

#### **90-Day Goals (Q1 Milestones)**

**\*\*PARTICIPANT ACTIVITY:\*\*** By the end of Q1 (March 31), what do you want to achieve? **\*\*Examples:\*\*** - "Land my first \$5K client" - "Build my LinkedIn audience to 1,000 followers" - "Complete my service offering and pricing structure" - "Attend 2 networking events and make 10 quality connections"

#### **6-Month Goals (Mid-Year Check-In)**

**\*\*PARTICIPANT ACTIVITY:\*\*** By mid-year (June 30), where do you want to be? **\*\*Examples:\*\*** - "Have 3 active retainer clients generating \$15K/month" - "Launch my signature framework or program" - "Be recognized as a thought leader in my niche (speaking, podcast, etc.)" - "Hit \$50K in revenue YTD"

#### **9-Month Goals (Q3 Targets)**

**\*\*PARTICIPANT ACTIVITY:\*\*** By the end of Q3 (September 30), what's your target? **\*\*Examples:\*\*** - "Scale to 5 clients without burning out" - "Launch a scalable offer (course, group program, template)" - "Hit \$75K in revenue YTD" - "Build a referral system that generates 2-3 leads per month"

## 12-Month Goals (Year-End Vision)

**\*\*PARTICIPANT ACTIVITY:\*\*** By December 31, 2026, what does success look like? **\*\*Examples:\*\*** - "Hit \$100K in revenue" - "Have 6 retainer clients at \$8K/month" - "Be known as the go-to expert in my niche" - "Take 4 weeks of vacation without guilt" - "Feel confident, fulfilled, and in control of my career"

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## Part 4: Reflection & Commitment (60:00-75:00)

 **15 minutes**

**\*\*FACILITATOR SCRIPT:\*\*** "Take a moment and look at your canvas. This is your year. Not a vague wish list—a **\*\*strategic vision map.\*\*** Now I want you to do three things: **\*\*1. Identify your North Star.\*\*** Of all the goals you just wrote, which ONE would make the biggest difference? Circle it. That's your North Star for 2026. **\*\*2. Identify your first action.\*\*** What's the very first thing you need to do in the next 7 days to move toward that North Star? Write it down. **\*\*3. Save your canvas.\*\*** Click 'Save to Account' so your canvas is stored in the database. Then click 'Download PDF' so you have a copy you can print and put on your wall. This canvas isn't set in stone. You'll revisit it every quarter. But right now, it's your roadmap."

**\*\*PARTICIPANT ACTIVITY:\*\*** - Circle your North Star goal - Write down your first action (next 7 days) - Save canvas to account - Download PDF

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## Part 5: Small Group Shares (Optional, 75:00-85:00)

 10 minutes (optional)

**\*\*FACILITATION APPROACH:\*\*** - Break into groups of 3-4 (breakout rooms or async) - Prompt: "Share your North Star goal and your first action. What support do you need from this community?" - Give 2 minutes per person

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## Part 6: Closing & Next Steps (85:00-90:00)

 5 minutes

**\*\*FACILITATOR SCRIPT:\*\*** "You just did something most people never do: You built a **\*\*strategic, archetype-aligned, time-bound vision map\*\*** for your year. Here's what happens next: **\*\*This Week:\*\*** - Post your North Star goal in the community (if you're comfortable sharing) - Complete your first action within 7 days - Join a GSD Pod for 90-day accountability **\*\*This Month:\*\*** - Use your 30-day goals as your January focus - Attend Week 2's Goal-Setting Workshop to break down your Q1 milestones - Check in with your GSD Pod weekly **\*\*This Quarter:\*\*** - Revisit your canvas at the end of Q1 (March 31) - Celebrate wins, adjust goals, and plan Q2 **\*\*This Year:\*\*** - Use your canvas as your North Star - Revisit it quarterly - Update it as you grow Remember: **\*\*Resolutions fade. Vision maps guide.\*\*** You're not just setting goals. You're becoming a builder. Let's get buzzing."

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## Post-Workshop Follow-Up

**\*\*FACILITATOR CHECKLIST:\*\*** - [ ] Send follow-up email within 24 hours with: - Link to download their canvas (if they didn't already) - Prompt to share North Star goal in community - Link to Week 2 materials (Q1 Goal Template) - GSD Pod assignments (if applicable) - [ ] Monitor community for canvas shares and celebrate publicly - [ ] Reach out to anyone who didn't complete their canvas and offer support

## Troubleshooting Common Challenges

**“I don’t know what my North Star goal should be.”**

**Response:** “Start with what energizes you. If you could only accomplish ONE thing this year, what would make you feel most proud? That’s your North Star.”

**“My goals feel too ambitious / not ambitious enough.”**

**Response:** “Good. That means you’re stretching. Your goals should feel 70% confident, 30% ‘holy crap.’ If they’re 100% certain, they’re too small. If they’re 10% possible, they’re fantasy. Aim for the stretch zone.”

**“I’m worried I’ll fail.”**

**Response:** “Failure isn’t missing a goal. Failure is not having a plan at all. This canvas gives you a roadmap. If you don’t hit every milestone, you’ll still be miles ahead of where you’d be without it. And you have this community to help you adjust.”

**“I don’t have time to do all this.”**

**Response:** “You don’t have time NOT to. Without a plan, you’ll spend 2026 reacting to other people’s priorities. This canvas helps you design your year intentionally. It’s 90 minutes now to save hundreds of hours later.”

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## Example Completed Canvas (Anonymized)

**Name:** Sarah M.

**Archetype:** Architect + Craftsperson

**Identity Statement:** “I am a fractional CFO who helps scaling SaaS companies build financial systems that support sustainable growth.”

**Milestone:** “By December 2026, I will have 5 retainer clients at *8K/month, generating 480K* annual revenue.”

**Mindset Shift:** “I need to believe that my expertise is worth *8K/month, not 3K*. I don’t need more credentials—I need more confidence.”

**Moments:**

- Feel confident pitching \$8K retainers without apologizing
- Take Fridays off to spend with my kids
- Be invited to speak at 2 industry conferences
- Build a referral system so I’m not always hunting for clients

**Skills to Develop:** LinkedIn thought leadership, sales scripts, delegation

**Potential Blockers:** Imposter syndrome when pricing, inconsistent marketing

**30-Day Goals:** Complete Business Model Canvas, conduct 5 informational interviews, post 3 LinkedIn articles

**90-Day Goals:** Land first \$8K client, build LinkedIn audience to 1,000, refine service offering

**6-Month Goals:** Have 3 active clients (\$24K/month), launch CFO framework, speak at 1 conference

**9-Month Goals:** Scale to 5 clients (*40K/month*), *build referral system, hit 250K* revenue YTD

**12-Month Goals:** Hit \$480K revenue, be known as go-to CFO for SaaS, take 4 weeks vacation

**North Star:** Land 5 retainer clients at \$8K/month

**First Action:** Reach out to 10 past colleagues for informational interviews this week



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