📘 Legacy Rising Modules

≡ Tags					

Aa Name	↗ Course Units	≡ Description	# Duration (min)	# Module Number	⊙ Status
Module 1: Reframing Obsession	Untitled, Unit 1: Welcome to Module 1 - Creating Sacred Space, Unit 2: Eulogy for the Old Self - The Grief Work, Unit 3: Ritual of Release, Unit 4: Obsessed or Inspired? - Shifting the Energy, Unit 5: Obsession Mapping Exercise, Unit 6: Fire Inventory - Assessing Your Passion, Unit 7: Redirect Workshop - From Obsession to Fuel, Unit 8: Module 1	Release the old story. Participants confront shame scripts, grieve old identities, and reframe obsession as fuel rather than failure. Introduces Silent Witness Tribe role and Stoplight Check-In for regulation.	240	1	Not Started

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	Assessment & Commitment				
Module 1.5: Personality & Energy Profile (BPEP)	Unit 0: Why You Keep Breaking the Same Way, Unit 1: The Builder Personality & Energy Profile (BPEP), Unit 2: Your Builder Type Breakdown, Unit 3: Mismatch Patterns — Where You've Been Fighting Your Wiring, Unit 4: Building Your Operating Rules, Unit 5: Integration with Module 2 & Beyond, Unit 6: Group Normalization & Peer Matching, Unit 7: Module 1.5 Wrap & Handoff	Explain the machine. Participants complete Builder Personality & Energy Profile assessments (Big Five, PsyCap, Passion Scale, Locus of Control) and receive personalized wiring reports. Introduces Normalizer Tribe role and Type Clustering.	180	1.5	Not Started
Module 2: Builder Identity Work	Unit 1: The Power of Language—Words That Build and Break, Unit 2: Shame Scripts & Narrative Rewrite, Unit 3: Builder's Code Workshop - Creating Our Community Agreement, Unit 4: Identity MVP - Designing Your Builder Self as a Product, Unit 5.5: Type Clustering Moment — TRIBE AS	Build the new identity. Participants practice Builder Language, create shame-to-builder script rewrites, develop redirect plans, and write the Builder's Code. Introduces Culture Holder and Language Enforcer Tribe roles. Exit artifact: Builder's	270	2	Not Started

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	NORMALIZER, Unit 5: Builder Affirmations - Claiming Your Identity, Unit 6: Module 2 Assessment & Integration, Unit 7.5: Builder Feedback Framework — STANDING PRACTICE, Unit 7.6: Builder Receipts Log - Identity Proof Tracking, Unit 7: Builder Language Spotting — TRIBE AS CULTURE HOLDER	Code (public declaration).			
Modul e 3: Energ y, Frequ ency & Inner Strate gy	Unit 0: Your Wiring Under Pressure Calibration, Unit 10: Module 3 Assessment & Integration, Unit 1: The Science of You - Energy, Frequency & Vibration, Unit 2: Heart Coherence - Your Built-In Superpower, Unit 3: The Five Hindrances - What Stops You From Clarity, Unit 4.5: Regulation Buddy System — TRIBE AS NERVOUS SYSTEM SUPPORT, Unit 4: The RAIN Method -	Calibrate your operating system. Participants practice heart coherence, learn regulation tools (RAIN, Five Hindrances, Somatic Awareness), build Regulation Buddy System with opposite Builder Types, and sort intuition from dopamine/fear. Exit artifact: Builder Operating Agreement. REQUIRED GATE:	360	3	Not Started

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	Removing Obstacles in Real Time, Unit 5: Mind-Body Balance - Using Your Body as Intended, Unit 6: Trusting Your Gut - Intuition as Data, Unit 7: Breaking Patterns - Letting Go to Move Forward, Unit 8: Connection to Source - The One Behind the Two, Unit 9.5: Builder Readiness Gate (MANDATORY), Unit 9.6: Problem Selection Filter (Pre-Module 4 Bridge), Unit 9: Energy & Entrepreneurship - Applying Inner Work to Building	Builder Readiness Gate (3 of 4 criteria) to proceed to Module 4.			
Module 4: Entrepreneurship 101 – From Problem to MVP	Unit 0: From "Entrepreneur" to "Builder", Unit 10: Pitch Workshop—Selling Your Vision, Unit 11: Module 4 Wrap & Next Steps, Unit 1: Myth-Busting—What Entrepreneurship Isn't, Unit 2: Problem Scavenger Hunt—Finding Ideas Close to Home, Unit 3: Idea Generation Jam—	Turn obsession into venture. Myth-busting, problem scavenger hunt (10+ problems filtered through nervous system), SCAMPER ideation (20+ solutions), customer discovery (3 interviews using The Mom Test), MVP Canvas (must fit BOA), Launch Witness System	420	4	Not Started

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	Brainstorming Solutions, Unit 4: Choosing Your Problem—Making the Commitment, Unit 5: Customer Discovery —Talk to Real People, Unit 6: MVP Design— Building Your First Version, Unit 7: Launch Witness System—Tribe as Momentum Holder, Unit 8: Pricing Your MVP—What to Charge, Unit 9: MVP Launch Week—Test Your Idea	(MVP Sprint Groups), pricing, launch (3+ customers with evidence), 60-second pitch, 30-day business plan. REQUIRED: Problem Selection Filter (must discard 1 idea), MVP launch evidence for module completion.			
Module 5: Peer Leadership & Alumni Engagement	Unit 0: The Infrastructure You've Already Built, Unit 1: Alumni Panel—"What I Wish I Knew", Unit 2: Builder-Quality Feedback, Unit 3: Peer Coaching Skills —Asking Powerful Questions, Unit 4: Pay-It-Forward Pledge—Graduation Threshold, Unit 5: Co-Designing the Alumni Network, Unit 6: Mentorship Matching—Expected Progression, Unit 7: Module 5 Wrap &	Become a culture carrier. Leadership Inventory (Witness→Mirror→ Culture Holder→Regulator→ Executor→Pillar progression), alumni panel interviews, Builder Feedback Framework, coaching triads, co-design alumni network structure, mentorship matching. REQUIRED: Pay-It-Forward Pledge	240	5	Not Started

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	Graduation Commitment	(NON-NEGOTIABLE graduation requirement: 1 hr/month for 6 months).			
Module 6: Financial Foundations	Unit 0: Money as Recovery Protection, Unit 10: Module 6 Wrap & Integration, Unit 1: Money Patterns Map (Tribe Mirror), Unit 2: Money Mindset Audit, Unit 3: Budget Reality Check, Unit 4: Credit Crash Course, Unit 5: Saving & Emergency Funds, Unit 6: Wealth-Building Basics (Investing 101), Unit 7: Financial Load-Bearing Map (Tribe Integration), Unit 8: Cohort Savings Streak & Tribe Resource Bank, Unit 9: Financial Vision & Commitment	Money patterns by Builder Type, money mindset audit, Builder's Budget Framework (7-day spending log), credit action plan, savings strategies ($5 minimum), wealth-building basics (compound interest, micro-investing), Financial Load-Bearing Map, Cohort Savings Streak (days not dollars), Tribe Resource Bank (contribute 1 verified resource), financial vision board.	330	6	Not Started
Module 7: Legacy Building – Purpose, Vision,	Section 1: "What's Legacy?" Visioning Icebreaker, Section 2.5: Community Over Labels – Breaking "Us vs Them", Section 2: Legacy Inventory – What You're Already Building, Section 3:	Legacy word association, Legacy Inventory (already building), Community Over Labels (Chetty social capital research), Purpose Statement	270	7	Not Started

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and Giving Back	Personal Purpose Statement Workshop, Section 4: Legacy Mapping – Ripple Effects & Community Networks, Section 5: Tribe Commitment – Named Roles & Obligations, Section 6: Legacy Transfer – "From Me to We", Section 7: Storytelling for Legacy, Section 8: Passing the Torch – Graduation Reframed, Section 9: Final Reflection & Commitment	Workshop with Purpose + Role Micro-Activity (who are you responsible to), Legacy Mapping with ripples diagram, Legacy Claim Ceremony, Tribe Commitment Card (REQUIRED 6-month role), Legacy Transfer to Playbook, Passing the Torch ceremony.			
Module 8: From Obsession to Legacy – Owning Your Story	Activity 8.1: Legacy Story Draft (Pre-Work), Activity 8.2: Story Stewardship Filter, Activity 8.3: Witness Circle (Small, Structured), Activity 8.4: Role Declaration (Public, Brief), Activity 8.5: The Legacy Ledger (Collective Asset), Activity 8.6: Passing of Custody (Closing Ritual), Assignment 8.A: 30-Day Follow-Through (Post-Grad), Assignment 8.B: First	Legacy Story Draft (1-2 pages pre-work), Story Stewardship Filter (🟢🟡🔴 marking: Now/Later/Never), Witness Circle (3-4 people, 60 seconds, no advice/praise), Role Declaration (THRESHOLD MOMENT: alumni role + 30-day action + accountability person), Legacy Ledger submissions (compiled into	270	8	Not Started

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	Give-Back (Post-Grad)	Playbook), Passing of Custody ritual (sign Alumni Ledger, receive token), 30-Day Follow-Through post-grad, First Give-Back (1 hour service in 60 days).			