






Legacy Rising Curriculum - Research Foundation & Framework

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 Tags	

A comprehensive, evidence-based curriculum for recovery-informed entrepreneurship education

Overview

This curriculum transforms the **Forward-Thinking Entrepreneur Program** into a fully licensed, evidence-based system for cycle-breakers—people ready to turn scars into strategy and obsession into fuel.

Core philosophy: Addiction + Passion = Success

Core Innovations

- **Reframes obsession as raw material** for entrepreneurial success
 - **Eliminates shame** with dignity-first language and builder identity work
 - **Leverages peer networks** as the engine for lasting change
 - **Drives economic mobility** through hands-on venture creation
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Critical Implementation Assumptions

Legacy Rising will not fail because the ideas are wrong.

It will fail if redirection isn't competitive, if culture enforcement weakens under scale, and if human avoidance is underestimated. The system must assume people will comply without internalizing, perform without transferring attachment, and retreat quietly when pressure rises. Year-2 success depends on preserving constraints, enforcing culture, and designing for human regression—not ideal motivation.

Theoretical Foundations

Obsessive Energy as Asset

Obsessive energy is not a deficit to be eliminated—it's raw material to be channeled.

Key Research

- **Johann Hari**

- *Addiction stems from unmet needs for connection and purpose, not moral failure.*
- "The opposite of addiction isn't sobriety—it's connection."
- **How we use it:** Cohorts, mentorship, alumni network.
- *Citations:*
 - Hari, J. (2015). *Chasing the Scream*
 - Hari, J. (2018). *Lost Connections*

- **Gabor Maté**

- *Addiction = coping with pain, isolation, trauma—not a character flaw*
- Dignity and safety enable change; shame blocks it.
- **How we use it:** Trauma-informed, shame-free facilitation.
- *Citation: Maté, G. (2008). In the Realm of Hungry Ghosts- **Gabor Maté***
 - **Addiction = coping with pain, isolation, trauma—not a character flaw**
 - *Dignity and safety enable change; shame blocks it. - **How we use*

it:** Trauma-informed, shame-free facilitation. - *Citation*: Maté, G. (2008). *In the Realm of Hungry Ghosts**

- **Marc Lewis**

- *Addiction is a learned pattern; obsessive focus can be retrained with new meaning*
- Neuroplasticity = rewiring for creation.
- **How we use it:** Channel obsessive thinking into business/problem-solving.
- *Citation:* Lewis, M. (2015). *The Biology of Desire*

- **Robert J. Vallerand (Dualistic Model of Passion)**

- Passion comes in two forms—harmonious (flexible) and obsessive (rigid/compulsive)
- Obsessive passion can be destructive, but redirected becomes a superpower for mastery and impact.
- **How we use it:** Passion assessment, redirect exercises, obsession mapping.
- *Citations:*
 - Vallerand, R. J. (2015). *The Psychology of Passion*
 - Vallerand, R. J., et al. (2003). *Journal of Personality and Social Psychology*, 85(4), 756-767

Navigation: Jump to Modules

Module 1: Reframing Obsession



Module 1.5: Personality & Energy Profile

Module 2: Builder Identity Work




Module 3: Energy, Frequency & Inner Strategy

Module 4: Entrepreneurship 101 – From Problem to MVP

Module 5: Peer Leadership & Alumni Engagement

Module 6: Financial Foundations

Module 7: Legacy Building – Purpose, Vision, and Giving Back

 Module 8: From Obsession to Legacy – Owning Your Story

Assessment & Measurement Tools

Validated Instruments Used in Legacy Rising

1. Passion Scale (Vallerand)

- **What it Measures:** Harmonious vs. obsessive passion
- **Length:** 12 items
- **Notes:** Extensively validated, central to passion/obsession reframing
- **Licensing:** Contact Dr. Vallerand for educational use (not fully public domain)

2. Grit Scale (Angela Duckworth)

- **What it Measures:** Perseverance and passion for long-term goals
- **Length:** 8-item short form (most common)
- **Notes:** High predictive value for completion and follow-through
- **Licensing:** Free for educational/research use; recommended to request permission from Duckworth lab (UPenn)

3. Locus of Control Scale (Rotter)

- **What it Measures:** Internal vs. external control beliefs (ownership over outcomes)
- **Length:** 29 items

- **Notes:** Public domain classic, foundational for entrepreneurship/adaptation studies
 - **Licensing:** Free to use, no restrictions
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4. Self-Determination Theory (SDT) Diagnostic

- **What it Measures:** Satisfaction of autonomy, competence, relatedness (the "Big 3" for motivation)
 - **Where to Find:** selfdeterminationtheory.org (multiple formats)
 - **Notes:** Highly validated in org/workforce/recovery research
 - **Licensing:** Open access, but check specific instrument guidelines
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5. Psychological Capital (PsyCap) Questionnaire

- **What it Measures:** Hope, efficacy, resilience, optimism (the HERO traits)
 - **Notes:** Linked to entrepreneurial success, recovery, workplace performance
 - **Licensing:** Requires purchase/license from Mind Garden, Inc.
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6. Big Five Personality Assessment

- **What it Measures:** Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism
 - **Notes:** More robust for entrepreneurial prediction than MBTI; multiple free, validated versions available online (e.g., IPIP-NEO)
 - **Licensing:** Free, public domain (check tool for usage terms)
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How to Use in Legacy Rising:

- **Intake:** Passion, grit, and locus of control help place participants and customize supports
- **Program:** Track growth across modules (identity, drive, resilience, agency)
- **Outcomes:** Pre/post and alumni measurement for reporting, grants, and program improvement

Tip: Always check the *latest* licensing terms—funders and universities may require proof of permission, especially for commercial or published use.

Custom Legacy Rising Assessments

Builder Identity Scale - Full Assessment Tool

Measures: Shift from shame-based to strength-based self-concept

Items: 20-item scale with 3 subscales (Builder Self-Concept, Shame Reduction, Agency & Efficacy)

Purpose: Tracks core identity transformation goal

Obsession Redirect Inventory - Full Assessment Tool

Measures: Ability to channel obsessive energy into productive, creative, or entrepreneurial work

Items: 24-item scale with 3 subscales (Destructive Patterns, Constructive Redirection, Awareness & Control)

Purpose: Shows whether "Addiction + Passion = Success" is working at the individual level

Recovery Capital Index - Full Assessment Tool

Measures: Growth in social, human, and financial capital

Items: 40-item scale across 4 domains (Social, Human, Financial, Cultural/Identity Capital)

Purpose: Captures holistic progress beyond sobriety—community, skills, and assets

VI. Key Performance Indicators (KPIs)

Participant Outcomes

- **75%+ recovery stability at 12 months**
(Measured by: self-report, sobriety checks, or verified milestones)
 - **30%+ venture launch rate** within 6 months of completion
(Startup, side hustle, nonprofit, or project with revenue/community output)
 - **60%+ income growth** within 6 months of completion
(Median self-reported increase)
 - **80%+ cohort completion rate**
(From intake to graduation)
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Alumni Network Metrics

- **50%+ alumni engagement**
(Alumni mentoring, facilitating, running workshops, donating, or participating in network activities)
 - **Number of alumni-led hubs or programs**
(Local "Creation Spaces," pop-ups, or digital groups launched by alumni)
 - **Alumni employment/self-employment rate**
(Tracked at 6, 12, 24 months post-program)
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Program Quality

- **Participant satisfaction**
(Post-cohort survey: % rating "good" or "excellent")
 - **Facilitator training completion**
(% of facilitators meeting minimum training/refresh requirements)
 - **Curriculum iteration cycles per year**
(Updates/refinements based on feedback, research, or outcome data)
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Tip: For reporting—pair these KPIs with short alumni stories or testimonials for context (funders love data + narrative).

VII. Licensing & Commercialization Strategy

What Can Be Licensed

1. Full Curriculum Package

- Facilitator guides (full scripts, best practices, troubleshooting)
- Participant workbooks (exercises, journaling prompts, worksheets)
- Assessment tools (custom and validated instruments)
- Video training modules (recorded demos, alumni/participant stories)

2. Train-the-Trainer Certification

- 3-day intensive (in-person or virtual) covering core philosophy, trauma-informed practice, and hands-on facilitation
- Online modules (pre-work, theory, quizzes)
- Live practice and evaluation
- Certification upon completion (annual renewal recommended)

3. Toolkit for Recovery Centers

- Abbreviated curriculum for integration with existing programs
- “Plug-in” modules (e.g., just Module 1: Obsession, Module 3: Entrepreneurship)

Intellectual Property Protection





- **Trademark:** Protect key brand terms (“Legacy Rising,” “Cycle-Breaker,” “Builder’s Code”)—prevents dilution/copycats.
 - **Copyright:** All original curriculum materials, workbooks, and assessments—document and register.
 - **Licensing Agreements:** Specify allowed/forbidden uses, attribution requirements, data/reporting standards, and revenue share terms.
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Pricing Tiers (Suggested)

- **Individual Facilitator License:** \$500–\$1,000 (annual, includes basic support)
 - **Organizational License** (up to 10 facilitators): \$5,000–\$10,000 (volume, priority support)
 - **Train-the-Trainer Certification:** \$2,500 per person (includes certification materials and recertification options)
 - **Curriculum Toolkit:** \$2,000–\$3,000 (abbreviated version for orgs adding a “cycle-breaker” track)
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VIII. Next Steps for Development

Immediate Priorities

-  **Expand Lesson Plans (Module-by-Module)**
 - Full facilitator guides (timing, supplies, debriefs, trauma-informed language)
 - Participant workbooks (print/digital, with step-by-step exercises)
-  **Secure Assessment Licensing**
 - Contact Duckworth Lab (Grit Scale)
 - Contact Vallerand (Passion Scale)
 - Explore Mind Garden (PsyCap Questionnaire licensing)
-  **Develop Custom Assessments**
 - Builder Identity Scale (pilot, validate, and refine)
 - Obsession Redirect Inventory (pilot, analyze, publish results)
-  **Create Train-the-Trainer Materials**
 - Video learning modules (for asynchronous/flexible onboarding)
 - Detailed facilitator scripts

- Trauma-informed facilitation toolkit (slides, practice scenarios)
 -  **Pilot & Iterate**
 - Run 1–2 beta cohorts (with full data tracking: intake, progress, alumni follow-up)
 - Gather feedback (participant/facilitator focus groups, post-module surveys)
 - Refine content, assessments, and training based on outcome data
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Next-level tasks:

- Prep demo deck for funders/partners
 - Build Notion dashboard for KPI and alumni network tracking
 - Develop web landing page for licensing inquiries
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References & Bibliography

Books

- Dana, D. (2018). *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*. W. W. Norton.
- Deci, E. L., & Ryan, R. M. (2000). *Intrinsic Motivation and Self-Determination in Human Behavior*. Springer.
- Hari, J. (2015). *Chasing the Scream: The First and Last Days of the War on Drugs*. Bloomsbury.
- Hari, J. (2018). *Lost Connections: Uncovering the Real Causes of Depression*. Bloomsbury.
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- Maté, G. (2008). *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. North Atlantic Books.

- Porges, S. W. (2011). *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation*. W. W. Norton.
- Ryan, R. M., & Deci, E. L. (2017). *Self-Determination Theory: Basic Psychological Needs in Motivation, Development, and Wellness*. Guilford Press.
- Vallerand, R. J. (2015). *The Psychology of Passion: A Dualistic Model*. Oxford University Press.

Journal Articles

- Deci, E. L., & Ryan, R. M. (2000). "The 'what' and 'why' of goal pursuits: Human needs and the self-determination of behavior." *Psychological Inquiry*, 11(4), 227–268.
- Vallerand, R. J., Blanchard, C., Mageau, G. A., et al. (2003). "Les passions de l'âme: On obsessive and harmonious passion." *Journal of Personality and Social Psychology*, 85(4), 756–767.

Peer-Driven Recovery Models

- The Phoenix — thephoenix.org
- Recovery Café — recoverycafe.org
- Alcoholics Anonymous — aa.org



Note:


This is a living document and will be updated as the curriculum evolves through pilot testing, alumni input, and new research.


  Train-the-Trainer Certification Program


  Participant Workbook - Template & Structure

  Intake & Screening System - Participant Recruitment

  Marketing Strategy - Hijacking the Programming

 [Marketing One-Pagers & Copy Library](#)

 [Stealth Strategy - Flying Under the Radar](#)

 [Integration Bridges - Connecting the Modules](#)

Tribe Infrastructure Resources

 [Builder Feedback Framework One-Pager](#)

 [Powerful Coaching Questions Cheat Sheet](#)

 [Pay-It-Forward Pledge Template](#)

 [Alumni Network Structure Options](#)

 [Mentorship Matching Guidelines](#)

Theoretical Foundations by Module

[Theoretical Foundation: Obsessive Energy as Asset](#)

[Theoretical Foundation: Dignity-First Identity](#)

[Theoretical Foundation: Peer-Led Networks](#)

[Theoretical Foundation: Financial Foundations & Recovery](#)

[Theoretical Foundation: Legacy Building](#)

[Theoretical Foundation: Entrepreneurship & Recovery Outcomes](#)

 [Video & Reading References - Topic Index](#)

 [Legacy Rising Course Units \(OpenEdX Structure\)](#)

 [Legacy Rising Modules](#)