



# Legacy Rising Course Units (OpenEdX Structure)

| Tags   |  |               |           |   |                                     |          |             |              |
|--|--|---------------|-----------|---|-------------------------------------|----------|-------------|--------------|
| Unit Title   | Components   | Delivery Date | Duration  | Notes   | SOU Evidence                        | Section  | Status      | Subsection   |
| <u>Unit 1:</u><br><u>Welcom</u><br><u>e to</u><br><u>Mo</u><br><u>dule</u><br><u>1-Cre</u><br><u>atin</u><br><u>g-Sac</u><br><u>red</u><br><u>Spa</u><br><u>ce</u> | <div><span>Discussion Forum</span><br/><span>Reading</span> <span>Video</span></div>                                     |               | 10 min    | Facilitator welcome video (3-5 min), Community Guide lines, Introduction forum post | <input checked="" type="checkbox"/> | Module 1 | Not Started | Introduction |
| <u>Unit 2:</u><br><u>Eulogy</u><br><u>for the</u><br><u>Old</u><br><u>Self</u><br>-<br><u>The</u><br><u>Grie</u><br><u>f-Wor</u><br><u>k</u>                       | <div><span>Discussion Forum</span><br/><span>Reading</span> <span>Video</span><br/><span>Written Assignment</span></div> |               | 30-45 min | Includes Stoplight Check-In, Letter to Old Self assignment (300+ words),            | <input checked="" type="checkbox"/> | Module 1 | Not Started | Grief Work   |

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|--|---|---------------|----------|---|-------------------------------------|----------|-------------|---------------------|
| <u>Unit 3:</u><br><u>Ritual of Release</u>                           | <p>Activity Instructions</p> <p>Video</p> |               |          | one-sentence sharing forum  |                                     |          |             |                     |
|  |   |               | 15 min   | Includes Stoplight Check-In, physical release ritual (fire/burial/shredding/sealed envelope), reflection uploaded | <input checked="" type="checkbox"/> | Module 1 | Not Started | Grief Work          |
| <u>Unit 4:</u><br><u>Obsessed or Inspired? - Shifting the Energy</u> | <p>Discussion Forum</p> <p>Video</p>      |               | 15 min   | From grief to curiosity transition, share obsession stories, respond to 2   | <input type="checkbox"/>            | Module 1 | Not Started | Reframing Obsession |

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|---|--|---------------|----------|---|-------------------------------------|----------|-------------|---------------------|
|   |  |               |          | others  |                                     |          |             |                     |
| <u>Unit 5:</u><br><u>Obs</u><br><u>essi</u><br><u>on</u><br><u>Ma</u><br><u>ppl</u><br><u>ng</u><br><u>Exe</u><br><u>rcis</u><br><u>e</u>                                   | Video Worksheet<br>Written Assignment            |               | 20 min   | Observation-to-Fuel Worksheet,<br>300+ word reflection on patterns, triggers, needs                                       | <input checked="" type="checkbox"/> | Module 1 | Not Started | Reframing Obsession |
| <u>Unit 6:</u><br><u>Fire</u><br><u>Inve</u><br><u>ntor</u><br><u>y_</u><br><u>Ass</u><br><u>essi</u><br><u>ng_</u><br><u>You</u><br><u>r_</u><br><u>Pas</u><br><u>sion</u> | Assessment/Quiz<br>Reading<br>Written Assignment |               | 25 min   | Legacy Risin g Passi on Profil e (12 quest ions), Valler and frame work ready ng, Top 2 Redir ectio n Rules outpu t, 200+ | <input checked="" type="checkbox"/> | Module 1 | Not Started | Reframing Obsession |

| Aa<br>Unit<br>Title | ≡ Components | 📅 Delivery<br>Date | ≡ Duration | ≡ Notes                | <input checked="" type="checkbox"/> SOU<br>Evidence | ⌚ Section | ⌚ Status | ≡ Subsection |
|---------------------|--------------|--------------------|------------|------------------------|---|-----------|----------|--------------|
|                     |              |                    |            | word<br>reflec<br>tion |   |           |          |              |

| Unit Title  | Components  | Delivery Date | Duration | Notes  | SOU Evidence                        | Section  | Status      | Subsection |
|---|---|---------------|----------|--|-------------------------------------|----------|-------------|------------|
| <u>Unit 7:</u><br><u>Redirec</u><br><u>t</u><br><u>Wor</u><br><u>ksh</u><br><u>op -</u><br><u>Fro</u><br><u>m</u><br><u>Obs</u><br><u>essi</u><br><u>on</u><br><u>to</u><br><u>Fuel</u> | <p>Case Study</p> <p>Discussion Forum</p> <p>Reading Video</p> <p>Worksheet</p> <p>Written Assignment</p> |               | 35 min   | <p>Case studies (10-12 min video), Redirect Plan with 4 constraints (7 days, \$0-20, &lt;2 hrs/day, observable output), Replacement Adequacy Test, Observation-to-Fuel Worksheet, forum feedback</p> | <input checked="" type="checkbox"/> | Module 1 | Not Started | Redirect   |

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|--|-------------------------------------|---------------|----------|---|-------------------------------------|------------|-------------|--------------|
| <u>Unit 8:</u><br><u>Module 1</u><br><u>Assessment &amp; Committment</u> | Assessment/Quiz<br>Discussion Forum |               | 20 min   | Knowledge Check quiz (10 questions, 80% to pass, unlimited attempts), Weekly Commitment forum post, respond to 2 others, Certificate unlocked | <input checked="" type="checkbox"/> | Module 1   | Not Started | Completion   |
| <u>Untitled</u>  |                                     |               |          |   | <input type="checkbox"/>            | Module 1   |             |              |
| <u>Unit 0: Why You Keep Breathing the</u>                                | Discussion Forum<br>Reading Video   |               | 10 min   | Reframe repeated failure as OS mismatch. Video (5-7)  | <input type="checkbox"/>            | Module 1.5 | Not Started | Introduction |

| Unit Title  | Components                             | Delivery Date | Duration | Notes   | SOU Evidence  | Section    | Status             | Subsection     |
|---|--|---------------|----------|---|---|------------|--------------------|----------------|
| <u>Sa<br/>me<br/>Way</u>  |  |               |          | min):<br>The<br>Wron<br>g<br>Oper<br>ating<br>Syste<br>m,<br>Readi<br>ng on<br>mism<br>atch<br>patter<br>ns |   |            |                    |                |
| <u>Unit<br/>1:<br/>The<br/>Buil<br/>der<br/>Per<br/>son<br/>alit<br/>y &amp;<br/>Ene<br/>rgy<br/>Prof<br/>ile<br/>(BP<br/>EP)</u> | Assessment/Quiz<br><br>Reading   Video |               | 30 min   | BPEP<br>Asse<br>ssme<br>nt (35<br>quest<br>ions),<br>4<br>axes:<br>Struc<br>ture,<br>Stimu<br>lation<br>,   | <input checked="" type="checkbox"/><br>Social<br>Energy,<br>Contr<br>ol.<br>Auto-<br>score<br>d with<br>Build<br>er<br>Type<br>outpu<br>t | Module 1.5 | Not<br>Starte<br>d | Assessme<br>nt |

| Aa<br>Unit<br>Title   | Components  | Delivery Date | Duration | Notes   | <input checked="" type="checkbox"/> SOU Evidence | Section    | Status             | Subsection                 |
|---|---|---------------|----------|---|--|------------|--------------------|----------------------------|
| <u>Unit<br/>2:<br/>You<br/>r<br/>Buil<br/>der<br/>Typ<br/>e<br/>Bre<br/>akd<br/>own</u>   | Discussion Forum<br>Reading Video<br>Written Assignment |               | 20 min   | 8<br>Build<br>er<br>Type<br>s<br>profil<br>es,<br>interp<br>retati<br>on<br>video<br>(8-10<br>min),<br>profil<br>e<br>reflec<br>tion<br>assig<br>nmen<br>t<br>(300<br>+<br>word<br>s) | <input checked="" type="checkbox"/>              | Module 1.5 | Not<br>Starte<br>d | Interpretati<br>on         |
| <u>Unit<br/>3:<br/>Mis<br/>mat<br/>ch<br/>Patt<br/>ern<br/>s —<br/>Wh<br/>ere<br/>You<br/>'ve<br/>Bee<br/>n<br/>Figh<br/>ting<br/>You<br/>r<br/>Wiri<br/>ng</u> | Discussion Forum<br>Reading Video<br>Worksheet          |               | 20 min   | Mism<br>atch<br>Inven<br>tory<br>work<br>sheet<br>,<br>iden<br>tify 3<br>times<br>in<br>mism<br>atche<br>d<br>syste<br>ms<br>(150+<br>word<br>s<br>each)                              | <input checked="" type="checkbox"/>              | Module 1.5 | Not<br>Starte<br>d | Pattern<br>Recognitio<br>n |

| Unit Title  | Components  | Delivery Date | Duration   | Notes                               | SOU Evidence | Section     | Status           | Subsection |
|---|---|---------------|--|-------------------------------------|--------------|-------------|------------------|------------|
| <u>Unit 4:</u><br><u>Buil</u><br><u>din</u><br><u>g_</u><br><u>You</u><br><u>r</u><br><u>Ope</u><br><u>rat</u><br><u>ng_</u><br><u>Rul</u><br><u>es</u> | Discussion Forum<br>Reading Video<br>Worksheet          |               | , video on cost of mismatch  |                                     |              |             |                  |            |
| <u>Unit 5:</u><br><u>Inte</u><br><u>grat</u><br><u>ion</u><br><u>with</u><br><u>Mo</u><br><u>dule</u><br><u>2 &amp;</u><br><u>Bey</u><br><u>ond</u>     | Discussion Forum<br>Reading Video<br>Written Assignment | 25 min        | Builder Operating Rules worksheet (200 + word s), non-negotiables, boundaries, early warning signs | <input checked="" type="checkbox"/> | Module 1.5   | Not Started | Operating Manual |            |

| Unit Title  | Components   | Delivery Date | Duration | Notes   | SOU Evidence             | Section    | Status      | Subsection     |
|---|--|---------------|----------|---|--------------------------|------------|-------------|----------------|
| <u>Unit 6:</u><br><u>Gro</u><br><u>up</u><br><u>Nor</u><br><u>mali</u><br><u>zati</u><br><u>on</u><br><u>&amp;</u><br><u>Pee</u><br><u>L</u><br><u>Mat</u><br><u>chin</u><br><u>g</u> | Activity Instructions<br>Discussion Forum<br>Reading |               |          | tion<br>(300<br>+<br>word<br>s)   |                          |            |             |                |
| <u>Unit</u><br><u>7:</u><br><u>Mo</u><br><u>dule</u><br><u>1.5</u><br><u>Wra</u><br><u>p&amp;</u><br><u>Han</u><br><u>doff</u>  | Video  |               | 20 min   | Build<br>er<br>Type<br>Mixer<br>activi<br>ty,<br>oppo<br>site-<br>type<br>regul<br>ation<br>budd<br>y<br>prep<br>for<br>Modu<br>le 3,<br>video<br>introd<br>uctio<br>ns | <input type="checkbox"/> | Module 1.5 | Not Started | Tribe Building |

| Unit Title   | Components  | Delivery Date | Duration       | Notes   | SOU Evidence                        | Section  | Status      | Subsection       |
|--|---|---------------|----------------|---|-------------------------------------|----------|-------------|------------------|
| <u>Unit 1:</u><br><u>The Power of Language</u><br>= Words That Build and Break | Discussion Forum<br>Reading Video<br>Written Assignment |               | cate unloc ked |   |                                     |          |             |                  |
|  |   |               | 20 min         | Language Inventory: shame words vs builder words (300 + words), neuroscience of self-talk video (5-7 min) | <input checked="" type="checkbox"/> | Module 2 | Not Started | Language Audit   |
| <u>Unit 2:</u><br><u>Shadow Scripts &amp; Narrative Rewrite</u>                | Reading Video<br>Written Assignment                     |               | 30 min         | Rewrite 3 shame scripts to builder scripts with evidence (400 + words), record                            | <input checked="" type="checkbox"/> | Module 2 | Not Started | Identity Reframe |

| Unit Title  | Components                        | Delivery Date | Duration | Notes   | SOU Evidence                        | Section  | Status      | Subsection      |
|---|-----------------------------------|---------------|----------|---|-------------------------------------|----------|-------------|-----------------|
| <u>Unit 3:</u><br><u>Buil</u><br><u>der'</u><br><u>s</u><br><u>Cod</u><br><u>e</u><br><u>Wor</u><br><u>ksh</u><br><u>Op -</u><br><u>Cre</u><br><u>atia</u><br>n<br>g.<br>Our<br>Co<br>mm<br>unit<br>y.<br>Agr<br>eem<br>ent | Discussion Forum<br>Reading Video |               |          | d<br>yours<br>elf<br>sayin<br>g<br>new<br>script<br>s (1-2<br>min<br>audio<br>/vide<br>o)   |                                     |          |             |                 |
|   |                                   |               | 25 min   | Co-<br>creat<br>e<br>cohor<br>t<br>Build<br>er's<br>Code,<br>enfor<br>ceme<br>nt<br>lade<br>r (3-<br>step:<br>Spot<br>+Na<br>me,<br>Rewri<br>te<br>Requ<br>est,<br>Boun<br>dary),<br>practi<br>ce<br>using<br>enfor<br>ceme<br>nt | <input checked="" type="checkbox"/> | Module 2 | Not Started | Shared Values   |
| <u>Unit 4:</u><br><u>Iden</u>   | Discussion Forum<br>Reading Video |               | 40 min   | Ident<br>ity<br>MVP   | <input checked="" type="checkbox"/> | Module 2 | Not Started | Identity Design |

| Unit Title  | Components   | Delivery Date | Duration | Notes   | SOU Evidence                        | Section  | Status      | Subsection           |
|---|--|---------------|----------|---|-------------------------------------|----------|-------------|----------------------|
| <u>Unit MV P - Des igning You r Built der Self as a Pro duc t</u> | Written Assignment                                 |               |          | One-Pager : Mission, KPIs (5-7 measurable behaviors), Launch Date. 300+ word reflection, treat as business artifact |                                     |          |             |                      |
| <u>Unit 5: Built Affirmations - Clai min g You r Iden tity</u>    | Activity Instructions<br>Discussion Forum<br>Video |               | 20 min   | Create 5 builder affirmations, record yours elf saying them (audio/video), daily practice                           | <input checked="" type="checkbox"/> | Module 2 | Not Started | Affirmation Practice |

| Unit Title   | Components  | Delivery Date | Duration | Notes   | SOU Evidence                        | Section  | Status                        | Subsection     |
|--|---|---------------|----------|---|-------------------------------------|----------|-------------------------------|----------------|
| <u>Unit 5.5:</u><br><u>Type</u><br><u>Clu</u><br><u>ster</u><br><u>ing</u><br><u>Mo</u><br><u>men</u><br><u>t—</u><br><u>TRI</u><br><u>BE</u><br><u>AS</u><br><u>NO</u><br><u>RM</u><br><u>ALI</u><br><u>ZER</u> | Activity Instructions<br>Discussion Forum                 |               |          | ce<br>com<br>mitm<br>ent<br>plan  |                                     |          |                               |                |
|  |   |               | 10 min   | Grou<br>p by<br>Build<br>er<br>Type,<br>discu<br>ss:<br>What<br>have<br>we<br>been<br>sham<br>ed<br>for?<br>What<br>do<br>we<br>need<br>prote<br>cted?<br>Share<br>one<br>insigh<br>t | <input type="checkbox"/>            | Module 2 | Not Started<br>Tribe Building |                |
| <u>Unit 6:</u><br><u>Mo</u><br><u>dule</u><br><u>2</u><br><u>Ass</u><br><u>ess</u><br><u>men</u><br><u>t &amp;</u><br><u>Inte</u><br><u>grat</u><br><u>ion</u>   | Assessment/Quiz<br>Discussion Forum<br>Written Assignment |               | 20 min   | Know<br>ledge<br>Chec<br>k<br>quiz<br>(10<br>quest<br>ions,<br>80%<br>pass)<br>,<br>Identifi<br>ty<br>Integr<br>ation   | <input checked="" type="checkbox"/> | Module 2 | Not Started                   | Completi<br>on |

| Aa<br>Unit<br>Title   | ≡ Components  | 📅 Delivery<br>Date | ≡ Duration  | ≡ Notes  | <input checked="" type="checkbox"/> SOU<br>Evidence | ⌚ Section | ⌚ Status    | ≡ Subsection        |
|---|---|--------------------|---|--|---|-----------|-------------|---------------------|
| <u>Unit</u><br><u>Z:</u><br><u>Buil</u><br><u>der</u><br><u>Lan</u><br><u>gua</u><br><u>ge</u><br><u>Spo</u><br><u>ttin</u><br><u>g—</u><br><u>TRI</u><br><u>BE</u><br><u>AS</u><br><u>CUL</u><br><u>TUR</u><br><u>E</u><br><u>HO</u><br><u>LDE</u><br><u>R</u> | <p>Activity Instructions</p> <p>Discussion Forum</p> <p>Reading   Video</p> |                    | Plan<br>(1-week<br>action<br>plan),<br>accountability<br>partners | Practice<br>spotting<br>shame/humble<br>boasted<br>language<br>in<br>small<br>groups.<br>Use<br>3-step<br>enforcement:<br>interrupt,<br>rewrite,<br>affirm.<br>Reflection<br>200+<br>words | <input checked="" type="checkbox"/>                 | Module 2  | Not Started | Culture Enforcement |

| Unit Title  | Components  | Delivery Date | Duration      | Notes   | SOU Evidence                        | Section  | Status      | Subsection              |
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| <u>Unit 7.5:</u><br><u>Builde</u><br><u>Fee</u><br><u>dba</u><br><u>ck</u><br><u>Fra</u><br><u>me</u><br><u>wor</u><br><u>k</u><br><u>STA</u><br><u>NDI</u><br><u>NG</u><br><u>PRA</u><br><u>CTI</u><br><u>CE</u> | <p>Activity Instructions</p> <p>Discussion Forum</p> <p>Reading Video</p> |               | 15 min        | <p>4-step frame work:<br/>I notice, I wonder,<br/>Have you tried,<br/>What you did well.</p> <p>Mandatory for all future group work. Practice in groups of 3-4. Reflection 200+ words</p> | <input checked="" type="checkbox"/> | Module 2 | Not Started | Feedback Infrastructure |
| <u>Unit 7.6:</u><br><u>Builde</u><br><u>Rec</u><br><u>eipt</u><br><u>s</u><br><u>Log</u><br><u>_</u><br><u>Ide</u><br><u>ntit</u>   | <p>Discussion Forum</p> <p>Reading Video</p> <p>Written Assignment</p>    |               | Daily, 7 days | <p>Daily log: one action that proves builder word is</p>  | <input checked="" type="checkbox"/> | Module 2 | Not Started | Evidence Building       |

| Unit Title   | Components                         | Delivery Date | Duration | Notes   | SOU Evidence                        | Section  | Status      | Subsection |
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| <u>Y_Prof_Tra_cking</u>                                    |                                    |               |          | real.<br>7<br>cons<br>ecuti<br>ve<br>days,<br>60<br>seco<br>nds<br>per<br>entry.<br>Creates<br>behav<br>ioral<br>eviden<br>ce,<br>not<br>just<br>affirm<br>ation<br>s |                                     |          |             |            |
| <u>Unit 0: You_L_Wiring_Under_Pre_ssurre_Cali_brat_ion</u> | Activity Instructions<br>Worksheet |               | 15 min   | Energ<br>y Calibr<br>ation Sheet<br>using BPEP<br>result<br>s. Identifi<br>es dysre<br>gulati<br>on patter<br>ns, defau<br>lt hindr<br>ance s,<br>regul<br>ation      | <input checked="" type="checkbox"/> | Module 3 | Not Started | Pre-Work   |

| Unit Title   | Components                          | Delivery Date | Duration | Notes   | SOU Evidence                        | Section  | Status      | Subsection          |
|--|-------------------------------------|---------------|----------|---|-------------------------------------|----------|-------------|---------------------|
| <u>Unit 1:</u><br><u>The Science of You</u><br>- Energy, Frequency & Vibration | Discussion Forum<br>Reading Video   |               |          | entry points  |                                     |          |             |                     |
|  |                                     |               | 30 min   | Tesla quote, heart coherence research, cymatics, Fibonacci. Video 10-12 min. Energy awareness forum       | <input type="checkbox"/>            | Module 3 | Not Started | Foundations         |
| <u>Unit 2:</u><br><u>Heart Coherence - You Built-In Superpower</u>             | Reading Video<br>Written Assignment |               | 35 min   | Heart Math approach, Quick Coherence Technique. 7-day practice log: 3 days experimenting entry styles + 4 | <input checked="" type="checkbox"/> | Module 3 | Not Started | Regulation Practice |

| Aa<br>Unit<br>Title  | Components  | Delivery Date | Duration                                  | Notes  | <input checked="" type="checkbox"/> SOU Evidence | Section  | Status      | Subsection          |
|--|---|---------------|---|--|--|----------|-------------|---------------------|
| <u>Unit<br/>3:<br/>The<br/>Five<br/>Hin<br/>dra<br/>nce<br/>s -<br/>Wh<br/>at<br/>Sto<br/>ps<br/>You<br/>Fro<br/>m<br/>Clar<br/>ity.</u> | <a href="#">Discussion Forum</a><br><a href="#">Reading</a> <a href="#">Video</a><br><a href="#">Written Assignment</a> |               | days<br>com<br>mitte<br>d<br>practi<br>ce | Shi<br>Heng<br>Yi<br>frame<br>work:<br>sens<br>ual<br>desir<br>e, ill<br>will,<br>sloth/<br>torpo<br>r,<br>restle<br>ssnes<br>s,<br>doubt<br>.<br>Hindr<br>ance<br>Inven<br>tory +<br>Build<br>er<br>Type<br>mapp<br>ing<br>(250<br>+<br>word<br>s per<br>hindr<br>ance) | <input checked="" type="checkbox"/>              | Module 3 | Not Started | Pattern Recognition |
| <u>Unit<br/>4:<br/>The<br/>RAI<br/>N</u>   | <a href="#">Discussion Forum</a><br><a href="#">Reading</a> <a href="#">Video</a><br><a href="#">Written Assignment</a> |               | 35 min                                    | Reco<br>gnize<br>,,<br>Acce<br>pt,   | <input checked="" type="checkbox"/>              | Module 3 | Not Started | Obstacle Removal    |

| Aa<br>Unit<br>Title  | Components                                   | Delivery Date | Duration | Notes  | <input checked="" type="checkbox"/> SOU Evidence | Section  | Status             | Subsection        |
|--|--|---------------|----------|--|--|----------|--------------------|-------------------|
| <u>Met<br/>hod</u><br><u>-</u><br><u>Re<br/>mov</u><br><u>ing_</u><br><u>Obs</u><br><u>taci</u><br><u>les</u><br><u>in</u><br><u>Real</u><br><u>Tim</u><br><u>e</u>  |  |               |          | Inves<br>tigate<br>,Non-<br>identi<br>ficiati<br>on. 7-<br>day<br>RAIN<br>journ<br>al<br>(mix<br>of<br>long-<br>form<br>+ 90-<br>seco<br>nd<br>micro<br>-<br>drills,<br>100+<br>word<br>s<br>each) |  |          |                    |                   |
| <u>Unit<br/>4.5:<br/>Reg<br/>ulati<br/>on</u><br><u>Bud<br/>dy_</u><br><u>Sys<br/>tem</u><br><u>-</u><br><u>TRI</u><br><u>BE</u><br><u>AS</u><br><u>NER</u><br><u>VO</u><br><u>US</u><br><u>SYS</u><br><u>TE</u><br><u>M</u><br><u>SUP</u> | Activity Instructions<br><br>Reading   Video |               | 15 min   | Matc<br>h<br>with<br>oppo<br>site<br>Build<br>er<br>Type.<br>Week<br>ly<br>chec<br>k-ins:<br>Are<br>you<br>regul<br>ated?<br>What<br>do<br>you<br>need   | <input checked="" type="checkbox"/>              | Module 3 | Not<br>Starte<br>d | Co-<br>Regulation |

| Ac Unit Title   | Components                          | Delivery Date | Duration | Notes  | <input checked="" type="checkbox"/> SOU Evidence | Section  | Status      | Subsection |
|---|-------------------------------------|---------------|----------|--|--|----------|-------------|------------|
| POR I   |                                     |               |          | ? Co-regulation practice, not therapy  |  |          |             |            |
| <u>Unit 5:</u><br><u>Mind-</u><br><u>Bod</u><br><u>y_</u><br><u>Bala</u><br><u>nce</u><br>-<br><u>Usi</u><br><u>ng_</u><br><u>You</u><br>L<br><u>Bod</u><br><u>y_as</u><br><u>Inte</u><br><u>nde</u><br>d | Reading Video<br>Written Assignment |               | 25 min   | Somatic awareness, polyvagal theory. 7-day movement practice matched to Builder Type (200+ words reflection) | <input checked="" type="checkbox"/>              | Module 3 | Not Started | Embodiment |
| <u>Unit 6:</u><br><u>Tru</u><br><u>stin</u><br><u>g_</u><br><u>You</u><br>L<br><u>Gut</u><br>-<br><u>Intui</u>  | Reading Video<br>Written Assignment |               | 30 min   | Intuition vs Dopamine vs Fear Sorting Drill. 3   | <input checked="" type="checkbox"/>              | Module 3 | Not Started | Intuition  |

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|---|---|---------------|----------|--|-------------------------------------|----------|-------------|----------------------|
| <u>tion as Dat a</u>  |   |               |          | retroactive + 3 prospective decisions (150+ words each retroactive)                      |                                     |          |             |                      |
| <u>Unit 7: Bre akin g_ Patt ern s - Letti ng_ Go to Mov e For war d</u> | Discussion Forum<br>Reading Video<br>Written Assignment |               | 35 min   | Childhood trauma patterns, change approach or let go. Pattern-breaking Plan (400+ words) | <input checked="" type="checkbox"/> | Module 3 | Not Started | Pattern Interruption |
| <u>Unit 8: Con nec tion to Sou rce _</u>                                | Reading Video<br>Written Assignment                     |               | 25 min   | Yin/yang mother, Source connection.  | <input type="checkbox"/>            | Module 3 | Not Started | Spiritual Foundation |

| Unit Title  | Components                          | Delivery Date | Duration | Notes  | <input checked="" type="checkbox"/> SOU Evidence | Section  | Status      | Subsection  |
|---|-------------------------------------|---------------|----------|--|--|----------|-------------|-------------|
| <u>The One Beh ind the Two</u>  |                                     |               |          | Building from wholeness vs lack. Source reflection (300 + words)   |  |          |             |             |
| <u>Unit 9: Ene rgy &amp; Entr epr ene urs hip - App lyin g_ Inne r_ Wor k to Buil din g</u> | Reading Video<br>Written Assignment |               | 30 min   | Builder Operating Agreement (BOA) - Module 3 exit artifact. Pre-Build Readiness Check (500 + words total). Required before | <input checked="" type="checkbox"/>              | Module 3 | Not Started | Integration |

| Unit Title  | Components   | Delivery Date | Duration | Notes  | SOU Evidence                        | Section  | Status      | Subsection         |
|---|--|---------------|----------|--|-------------------------------------|----------|-------------|--------------------|
|   |  |               |          | Module 4   |                                     |          |             |                    |
| <u>Unit 9.5:</u><br><u>Builde</u><br><u>der</u><br><u>Rea</u><br><u>dine</u><br><u>ss</u><br><u>Gat</u><br><u>e</u><br><u>(MA</u><br><u>ND</u><br><u>ATO</u><br><u>RY).</u>                     | Activity Instructions<br>Reading                       |               | 20 min   | Must answer YES to 3 of 4 criteria.<br>Prevents dysregulated entry into entrepreneurial spirit.<br>Self-assessment submission required | <input checked="" type="checkbox"/> | Module 3 | Not Started | Gate               |
| <u>Unit 9.6:</u><br><u>Pro</u><br><u>ble</u><br><u>m</u><br><u>Sele</u><br><u>cio</u><br><u>n</u><br><u>File</u><br><u>L</u><br><u>(Pre</u><br><u>-</u><br><u>Mo</u><br><u>dule</u><br><u>4</u> | Activity Instructions<br>Reading<br>Written Assignment |               | 25 min   | Dopamine vs gut vs fear for 3 problems.<br>Must discard at least one idea  | <input checked="" type="checkbox"/> | Module 3 | Not Started | Restraint Practice |

| Unit Title  | Components  | Delivery Date | Duration | Notes  | SOU Evidence                        | Section  | Status      | Subsection |
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| <u>Bridg e).</u>                                      |   |               |          | on purpose.<br>Teaches restraint (200 + words reflection)  |                                     |          |             |            |
| <u>Unit 10: Module 3 Assessment &amp; Integration</u> | Assessment/Quiz<br>Discussion Forum<br>Written Assignment |               | 25 min   | Knowledge Check (15 questions, 80% pass). 30-day practice commitment + Module 4 prep (400 + words total) | <input checked="" type="checkbox"/> | Module 3 | Not Started | Completion |
| <u>Unit 0: From "Entrepeneur"</u>                     | Discussion Forum<br>Reading Video                         |               | 15 min   | Entrepreneurship = builder DNA you   | <input type="checkbox"/>            | Module 4 | Not Started | Reframe    |

| Unit Title   | Components  | Delivery Date | Duration | Notes  | SOU Evidence                        | Section  | Status                   | Subsection      |
|--|---|---------------|----------|--|-------------------------------------|----------|--------------------------|-----------------|
| <u>to</u><br><u>"Bui</u><br><u>lder</u><br>"   |   |               |          | already have.<br>Resourcef ulnes s > resources.<br>Video 8-10 min  |                                     |          |                          |                 |
| <u>Unit</u><br><u>1:</u><br><u>Myt</u><br><u>h-</u><br><u>Bus</u><br><u>ting</u><br>≡<br><u>Wh</u><br><u>at</u><br><u>Entr</u><br><u>epr</u><br><u>ene</u><br><u>urs</u><br><u>hip</u><br><u>Isn't</u> | <button>Discussion Forum</button><br><br><button>Reading</button> <button>Video</button><br><br><button>Written Assignment</button> |               | 20 min   | 5 myths:<br>need money,<br>must invent new,<br>only extroverts,<br>need degree, no room if done before.<br>Myth Inventory (300+ words) | <input checked="" type="checkbox"/> | Module 4 | <span>Not Started</span> | Myth Busting    |
| <u>Unit</u><br><u>2:</u><br><u>Pro</u><br><u>ble</u><br><u>m</u>   | <button>Discussion Forum</button><br><br><button>Reading</button> <button>Video</button><br><br><button>Written Assignment</button> |               | 30 min   | List 10+ problems with   | <input checked="" type="checkbox"/> | Module 4 | <span>Not Started</span> | Problem Finding |

| Unit Title  | Components   | Delivery Date | Duration | Notes   | SOU Evidence                        | Section  | Status      | Subsection          |
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| <u>Sca</u><br><u>ven</u><br><u>ger</u><br><u>Hun</u><br><u>t—</u><br><u>Find</u><br><u>ing</u><br><u>Idea</u><br><u>s</u><br><u>Clo</u><br><u>se</u><br><u>to</u><br><u>Ho</u><br><u>me</u>               |  |               |          | nervous system filter.<br>Pain point vs preference.<br>Problem list (400+ words)  |                                     |          |             |                     |
| <u>Unit</u><br><u>3:</u><br><u>Idea</u><br><u>Gen</u><br><u>erat</u><br><u>ion</u><br><u>Jam</u><br>—<br><u>Brai</u><br><u>nsto</u><br><u>rmi</u><br><u>ng_</u><br><u>Sol</u><br><u>utio</u><br><u>ns</u> | Activity Instructions<br>Discussion Forum<br>Reading Video |               | 30 min   | SCA MPER technique, How might we questions. Generrate 20+ solution ideas (10 per problem). Collaborative ideation forum | <input checked="" type="checkbox"/> | Module 4 | Not Started | Solution Generation |

| Aa<br>Unit<br>Title  | Components  | Delivery Date | Duration | Notes  | <input checked="" type="checkbox"/> SOU Evidence | Section  | Status      | Subsection        |
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| <u>Unit<br/>4:<br/>Cho<br/>osin<br/>g_<br/>You<br/>_<br/>Pro<br/>ble<br/>m—<br/>Mak<br/>ing_<br/>the<br/>Co<br/>mmi<br/>tme<br/>nt</u> | Discussion Forum<br>Reading Video<br>Written Assignment |               | 25 min   | 3 circles<br>frame work,<br>Builder<br>Type alignment<br>check.<br>Idea selection +<br>BOA alignment<br>(500 +<br>words) | <input checked="" type="checkbox"/>              | Module 4 | Not Started | Problem Selection |
| <u>Unit<br/>5:<br/>Cus<br/>tom<br/>er<br/>Dis<br/>cov<br/>ery<br/>—<br/>Talk<br/>to<br/>Real<br/>Peo<br/>ple</u>                       | Discussion Forum<br>Reading Video<br>Written Assignment |               | 40 min   | The Mom Test,<br>conduct 3 customer interviews.<br>Interview notes (200 + words each) + summary reflection               | <input checked="" type="checkbox"/>              | Module 4 | Not Started | Validation        |

| Unit Title  | Components  | Delivery Date | Duration      | Notes   | SOU Evidence                        | Section  | Status      | Subsection     |
|---|---|---------------|---------------|---|-------------------------------------|----------|-------------|----------------|
|   |   |               | (300 + words) |   |                                     |          |             |                |
| <u>Unit 6:</u><br><u>MV P</u><br><u>Des</u><br><u>ign</u><br>= <u>Bui</u><br><u>din</u><br><u>g.</u><br><u>You</u><br>└ <u>Firs</u><br><u>t</u><br><u>Ver</u><br><u>sion</u>                            | Discussion Forum<br>Reading Video<br>Written Assignment |               | 35 min        | Lean Start up Build-Measure-Learn . MVP Canv as with regulation check (500 + words). Must fit BOA | <input checked="" type="checkbox"/> | Module 4 | Not Started | MVP Creation   |
| <u>Unit 7:</u><br><u>Lau</u><br><u>nch</u><br><u>Wit</u><br><u>nes</u><br><u>Sys</u><br><u>tem</u><br>= <u>Trib</u><br><u>e as</u><br><u>Mo</u><br><u>men</u><br><u>tum</u><br><u>Hol</u><br><u>der</u> | Activity Instructions<br>Reading Video                  |               | 25 min        | MVP Sprint Groups (3-4 people). Launch Witness before/after check-ins. Celebrate                  | <input checked="" type="checkbox"/> | Module 4 | Not Started | Launch Support |

| Aa<br>Unit<br>Title  | Components   | Delivery Date | Duration   | Notes  | <input checked="" type="checkbox"/> SOU Evidence | Section     | Status      | Subsection |
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| <u>Unit</u><br><u>8:</u><br><u>Pric</u><br><u>ing_</u><br><u>You</u><br><u>r</u><br><u>MV</u><br><u>P—</u><br><u>Wh</u><br><u>at</u><br><u>to</u><br><u>Cha</u><br><u>rg</u> e | Discussion Forum<br>Reading Video<br>Written Assignment    |               |  | completion<br>not<br>outco<br>me   |  |             |             |            |
| <u>Unit</u><br><u>9:</u><br><u>MV</u><br><u>P</u><br><u>Lau</u><br><u>nch</u><br><u>We</u><br><u>ek</u><br><u>=</u><br><u>Test</u><br><u>You</u><br><u>r</u><br><u>Idea</u>    | Activity Instructions<br>Discussion Forum<br>Reading Video |               | 25 min   | Cost-<br>plus,<br>mark<br>et<br>rate,<br>value<br>-<br>base<br>d<br>pricin<br>g.<br>Princin<br>g<br>plan<br>+<br>script<br>(300<br>+<br>word<br>s) | <input checked="" type="checkbox"/>              | Module 4    | Not Started | Pricing    |
|  |  | 1-2 weeks     | LAUN<br>CH<br>MVP<br>with<br>3+<br>custo<br>mers.<br>Laun<br>ch<br>repor<br>t<br>(500<br>+<br>word<br>s) +<br>evide<br>nce +<br>Laun<br>ch | <input checked="" type="checkbox"/>  | Module 4   | Not Started | Launch      |            |

| Unit Title  | Components   | Delivery Date | Duration | Notes   | SOU Evidence                        | Section  | Status      | Subsection |
|---|--|---------------|----------|---|-------------------------------------|----------|-------------|------------|
|   |  |               |          | Witness confirmation.<br>THIS IS THE WIN  |                                     |          |             |            |
| <u>Unit 10:</u><br><u>Pitch Workshop</u><br><u>Opportunities Selling Yourself</u><br><u>Visions</u> | Discussion Forum<br>Reading Video<br>Written Assignment                    |               | 40 min   | 4-part pitch:<br>Hook,<br>Solution,<br>Proof,<br>Ask.<br>Record 60-second pitch + regulation reflection (200 + words) | <input checked="" type="checkbox"/> | Module 4 | Not Started | Pitching   |
| <u>Unit 11:</u><br><u>Module 4 Wrap &amp; Next Steps</u>  | Assessment/Quiz<br>Discussion Forum<br>Reading Video<br>Written Assignment |               | 15 min   | 30-day business plan (500 + words). Knowledge Check (15)  | <input checked="" type="checkbox"/> | Module 4 | Not Started | Completion |

| Aa<br>Unit<br>Title  | ≡ Components  | 📅 Delivery<br>Date | ≡ Duration   | ≡ Notes   | <input checked="" type="checkbox"/> SOU<br>Evidence | ⌚ Section | ⌚ Status           | ≡ Subsection    |
|--|---|--------------------|--|---|---|-----------|--------------------|-----------------|
| <u>Unit<br/>0:<br/>The<br/>Infr<br/>astr<br/>uct<br/>ure<br/>You<br/>'ve<br/>Alre<br/>ady<br/>Buil<br/>t</u> | <b>Discussion Forum</b><br><br><b>Reading</b> <b>Video</b><br><br><b>Written Assignment</b> |                    | questions,<br>80%<br>pass)<br><br>. Certif<br>icate<br>requir<br>es<br>MVP<br>launc<br>h<br>evide<br>nce | You've<br>been<br>leadi<br>ng<br>since<br>Modu<br>le 1:<br>Witne<br>ss,<br>Mirro<br>r,<br>Cultu<br>re<br>Holde<br>r,<br>Regul<br>ator,<br>Exec<br>utor.<br>Lead<br>ershi<br>p<br>Inven<br>tory<br>(400<br>+<br>word<br>s) | <input checked="" type="checkbox"/>                 | Module 5  | Not<br>Starte<br>d | Recognitio<br>n |

| Aa<br>Unit<br>Title   | Components   | Delivery Date | Duration | Notes   | <input checked="" type="checkbox"/> SOU Evidence | Section  | Status      | Subsection      |
|---|--|---------------|----------|---|--|----------|-------------|-----------------|
| <u>Unit 1:</u><br><u>Alumni Panel</u><br><u>—"What Would You Tell Your Younger Self?"</u> | Discussion Forum<br>Reading Video                          |               | 30 min   | 2-3 alumni interviews (5-7 min each). Post-graduation challenges and wins. Alumni Q&A forum                 | <input type="checkbox"/>                         | Module 5 | Not Started | Alumni Voices   |
| <u>Unit 2:</u><br><u>Builder Quality Feedback</u><br><u>—"Feedback Skills"</u>            | Activity Instructions<br>Discussion Forum<br>Reading Video |               | 30 min   | Builder Feedback Framework: I noticed, Here's what I observed, Have you considered. Practice pairs. Reflect | <input checked="" type="checkbox"/>              | Module 5 | Not Started | Feedback Skills |

| Aa<br>Unit<br>Title   | Components   | Delivery Date | Duration | Notes   | <input checked="" type="checkbox"/> SOU Evidence | Section  | Status             | Subsection           |
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| <u>Unit<br/>3:<br/>Pee<br/>r<br/>Coa<br/>chin<br/>g_<br/>Skill<br/>s—<br/>Aski<br/>ng_<br/>Pow<br/>erfu<br/>l<br/>Que<br/>stio<br/>ns</u> | Activity Instructions<br><br>Discussion Forum<br><br>Reading   Video |               |          | ction<br>(250<br>+<br>word<br>s)  |  |          |                    |                      |
|   |  |               | 30 min   | Coac<br>hing<br>vs<br>advisi<br>ng.<br>Practi<br>ce<br>triads<br>(coac<br>h,<br>coac<br>hee,<br>obser<br>ver).<br>Coac<br>hing<br>reflec<br>tion<br>(300<br>+<br>word<br>s) | <input checked="" type="checkbox"/>              | Module 5 | Not<br>Starte<br>d | Coaching<br>Practice |
| <u>Unit<br/>4:<br/>Pay<br/>-It-<br/>For<br/>war<br/>d<br/>Ple<br/>dge<br/>—<br/>Gra<br/>dua<br/>tion<br/>Thr<br/>esh<br/>old</u>          | Discussion Forum<br><br>Reading   Video<br><br>Written Assignment    |               | 30 min   | NON-<br>NEG<br>OTIA<br>BLE<br>gradu<br>ation<br>requir<br>emen<br>t.<br>Min<br>imum<br>1<br>hr/mo<br>nth<br>for 6<br>mont<br>hs.  | <input checked="" type="checkbox"/>              | Module 5 | Not<br>Starte<br>d | Commitme<br>nt       |

| Aa<br>Unit<br>Title   | ≡ Components   | 📅 Delivery<br>Date | ≡ Duration | ≡ Notes   | <input checked="" type="checkbox"/> SOU<br>Evidence | ⌚ Section | ⌚ Status           | ≡ Subsection      |
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|   |  |                    |            | Pay-<br>It-<br>Forw<br>ard<br>Pledg<br>e<br>(300<br>+<br>word<br>s).<br>Poste<br>d to<br>Pay-<br>It-<br>Forw<br>ard<br>Wall   |   |           |                    |                   |
| <u>Unit</u><br><u>5:</u><br><u>Co-</u><br><u>Des</u><br><u>igni</u><br><u>ng_</u><br><u>the</u><br><u>Alu</u><br><u>mni</u><br><u>Net</u><br><u>wor</u><br><u>k</u> | Activity Instructions<br>Discussion Forum<br>Reading |                    | 25 min     | Vote<br>on<br>netw<br>ork<br>struct<br>ure:<br>Slack<br>/Disc<br>ord,<br>Mont<br>hly<br>Circle<br>s, In-<br>Perso<br>n,<br>Pods,<br>1:1<br>Matc<br>hing,<br>Com<br>bo.<br>Nomi<br>nate<br>peer<br>leads | <input checked="" type="checkbox"/>                 | Module 5  | Not<br>Starte<br>d | Network<br>Design |

| Aa<br>Unit<br>Title  | Components  | Delivery Date | Duration | Notes  | <input checked="" type="checkbox"/> SOU Evidence | Section  | Status      | Subsection      |
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| <u>Unit</u><br><u>6:</u><br><u>Me</u><br><u>ntr</u><br><u>ship</u><br><u>Mat</u><br><u>chin</u><br><u>g—</u><br><u>Exp</u><br><u>epte</u><br><u>d</u><br><u>Pro</u><br><u>gre</u><br><u>ssio</u><br><u>n</u> | <div style="display: flex; justify-content: space-between;"> <span>Discussion Forum</span> <span>Reading</span> <span>Video</span> <span>Written Assignment</span> </div> |               | 25 min   | Every graduate:<br>Mentor,<br>Near-Peer,<br>or<br>Pod Member.<br>No spectators.<br>Role claim + availability (300 + words) | <input checked="" type="checkbox"/>              | Module 5 | Not Started | Role Assignment |
| <u>Unit</u><br><u>7:</u><br><u>Mo</u><br><u>dule</u><br><u>5</u><br><u>Wra</u><br><u>p &amp;</u><br><u>Gra</u><br><u>dua</u><br><u>tion</u><br><u>Co</u><br><u>mmi</u><br><u>tme</u><br><u>nt</u>            | <div style="display: flex; justify-content: space-between;"> <span>Assessment/Quiz</span> <span>Reading</span> <span>Video</span> <span>Written Assignment</span> </div>  |               | 15 min   | Graduation<br>Commitment:<br>Pledge<br>summary,<br>Network<br>vote,<br>Role,<br>First action,<br>Who you're<br>lifting     | <input checked="" type="checkbox"/>              | Module 5 | Not Started | Completion      |

| Unit Title   | Components   | Delivery Date | Duration | Notes  | SOU Evidence             | Section  | Status      | Subsection |
|--|--|---------------|----------|--|--------------------------|----------|-------------|------------|
| <u>Unit 0:</u><br><u>Money as Recovery Project</u> | Discussion Forum<br>Reading Video  |               |          | Knowledge Check (10 questions, 80% pass)   |                          |          |             |            |
| <u>Unit 1:</u><br><u>Money Patterns (Tribe)</u>    | Activity Instructions<br>Discussion Forum<br>Reading Video<br>Written Assignment |               | 15 min   | Financial instability as relapse trigger. Money as tool not morality. Economic mobility research. Video 8-10 min | <input type="checkbox"/> | Module 6 | Not Started | Foundation |

| Aa<br>Unit<br>Title   | Components   | Delivery Date | Duration | Notes  | <input checked="" type="checkbox"/> SOU Evidence | Section  | Status      | Subsection |
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| <u>Mirr<br/>or).</u>  |  |               |          | Inventory (250 + words). Optional live Money Patterns Circle                           |  |          |             |            |
| <u>Unit<br/>2:<br/>Mo<br/>ney<br/>Min<br/>dset<br/>Aud<br/>it</u>   | Discussion Forum<br>Reading Video<br>Written Assignment                          |               | 20 min   | Limiting beliefs about money. Challenge and reframe. Money Mindset Audit (300 + words) | <input checked="" type="checkbox"/>              | Module 6 | Not Started | Beliefs    |
| <u>Unit<br/>3:<br/>Bud<br/>get<br/>Real<br/>ity_<br/>Che<br/>ck</u> | Activity Instructions<br>Discussion Forum<br>Reading Video<br>Written Assignment |               | 30 min   | Builder's Budget Framework by Builder  | <input checked="" type="checkbox"/>              | Module 6 | Not Started | Budgeting  |

| Aa<br>Unit<br>Title   | ≡ Components  | 📅 Delivery<br>Date | ≡ Duration | ≡ Notes   | <input checked="" type="checkbox"/> SOU<br>Evidence | ⌚ Section | ⌚ Status           | ≡ Subsection |
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|   |   |                    |            | Type.<br>Budg<br>et<br>draft<br>+ 7-<br>day<br>spen<br>ding<br>log +<br>reflec<br>tion<br>(200<br>+<br>word<br>s).<br>Optio<br>nal<br>Budg<br>et<br>Realit<br>y<br>Partn<br>ers<br>activi<br>ty |   |           |                    |              |
| <u>Unit<br/>4:<br/>Cre<br/>dit<br/>Cra<br/>sh<br/>Cou<br/>rse</u> | Discussion Forum<br><br>Reading Video<br><br>Written Assignment |                    | 25 min     | Credi<br>t is<br>trust<br>score<br>not<br>moral<br>ity.<br>How<br>to<br>build/<br>repair<br>credit<br>. Credi<br>t<br>Actio<br>n<br>Plan<br>(250<br>+   | <input checked="" type="checkbox"/>                 | Module 6  | Not<br>Starte<br>d | Credit       |

| Aa<br>Unit<br>Title   | Components  | Delivery Date | Duration | Notes   | <input checked="" type="checkbox"/> SOU Evidence | Section  | Status             | Subsection |
|---|---|---------------|----------|---|--|----------|--------------------|------------|
|   |   |               |          | word<br>s)  |  |          |                    |            |
| <u>Unit<br/>5:<br/>Savi<br/>ng_&amp;<br/>Em<br/>erg<br/>enc<br/>y_<br/>Fun<br/>ds</u>                         | Discussion Forum<br>Reading Video<br>Written Assignment |               | 25 min   | Start<br>with<br>\$5.<br>Savin<br>g<br>strate<br>gies<br>by<br>Build<br>er<br>Type.<br>Savin<br>gs<br>plan<br>+ 30-<br>day<br>log   | <input checked="" type="checkbox"/>              | Module 6 | Not<br>Starte<br>d | Saving     |
| <u>Unit<br/>6:<br/>We<br/>alth_<br/>= Buil<br/>din<br/>g_ Bas<br/>ics<br/>(Inv<br/>esti<br/>ng_<br/>101).</u> | Discussion Forum<br>Reading Video<br>Written Assignment |               | 25 min   | Com<br>poun<br>d<br>inte<br>rest,<br>retire<br>ment<br>acco<br>unts,<br>index<br>funds<br>,,<br>micro<br>-<br>invest<br>ing.<br>Wealt<br>h-<br>Buildi<br>ng<br>Start<br>er<br>Plan<br>(250<br>+ | <input checked="" type="checkbox"/>              | Module 6 | Not<br>Starte<br>d | Investing  |

| Unit Title   | Components   | Delivery Date | Duration | Notes   | SOU Evidence                        | Section  | Status                               | Subsection         |
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| <u>Unit 7:</u><br><u>Financia</u><br><u>L</u><br><u>Loa</u><br><u>d-</u><br><u>Bea</u><br><u>ring.</u><br><u>Ma</u><br><u>p_</u><br><u>(Tri</u><br><u>be</u><br><u>Inte</u><br><u>grat</u><br><u>ion).</u> | <input type="checkbox"/> Discussion Forum<br><input type="checkbox"/> Reading <input type="checkbox"/> Video<br><input type="checkbox"/> Written Assignment    |               |          | word s)   |                                     |          |                                      |                    |
| <u>Unit 8:</u><br><u>Coh</u><br><u>ort</u><br><u>Savi</u><br><u>ngs</u><br><u>Stre</u><br><u>ak &amp;</u><br><u>Trib</u><br><u>e</u><br><u>Res</u><br><u>our</u><br><u>ce</u><br><u>Ban</u><br><u>k</u>    | <input type="checkbox"/> Activity Instructions<br><input type="checkbox"/> Discussion Forum<br><input type="checkbox"/> Reading <input type="checkbox"/> Video |               | 25 min   | Financial stress isolation.<br>Tribe load-sharing strategies.<br>Financial Load-Bearing Map + reflection (300 + word s) | <input checked="" type="checkbox"/> | Module 6 | <input type="checkbox"/> Not Started | Tribe Support      |
|  |  |               | 20 min   | Group savings tracking (days not dollars).<br>Contribute 1 verified financial   | <input checked="" type="checkbox"/> | Module 6 | <input type="checkbox"/> Not Started | Collective Finance |

| Unit Title  | Components  | Delivery Date | Duration | Notes  | SOU Evidence                        | Section  | Status      | Subsection |
|---|---|---------------|----------|--|-------------------------------------|----------|-------------|------------|
| <u>Unit 9:</u><br><u>Final</u><br><u>ncia</u><br><u>L</u><br><u>Visi</u><br><u>on</u><br><u>&amp;</u><br><u>Co</u><br><u>mmi</u><br><u>tme</u><br><u>nt</u> | Discussion Forum<br>Reading Video<br>Written Assignment |               |          | resource to Tribe Reso urce Bank   |                                     |          |             |            |
| <u>Unit 10:</u><br><u>Mo</u><br><u>dule</u><br><u>6</u><br><u>Wra</u><br><u>p &amp;</u><br><u>Inte</u><br><u>grat</u><br><u>ion</u>                         | Video   |               | 20 min   | Mone y as legac y. Financial Vision Board + Mone y Commitment (200 + words each) | <input checked="" type="checkbox"/> | Module 6 | Not Started | Vision     |

| Aa<br>Unit<br>Title  | ≡ Components                                | 📅 Delivery<br>Date | ≡ Duration | ≡ Notes  | <input checked="" type="checkbox"/> SOU<br>Evidence | ⌚ Section | ⌚ Status   | ≡ Subsection      |
|--|---|--------------------|------------|--|---|-----------|--|-------------------|
| <u>Sec<br/>tion<br/>1:<br/>"Wh<br/>at's<br/>Leg<br/>acy<br/>?"<br/>Visi<br/>onin<br/>g_</u><br><u>Iceb<br/>rea<br/>ker</u>   | Activity Instructions<br>Discussion Forum   |                    |            | nmen<br>ts   |   |           |  |                   |
|  |   |                    | 15 min     | Lega<br>cy<br>word<br>assoc<br>iation<br>. Share<br>-out<br>and<br>patter<br>n<br>recog<br>nition<br>. Broad<br>en<br>defini<br>tion<br>beyo<br>nd<br>famo<br>us/w<br>ealth<br>y | <input type="checkbox"/>                            | Module 7  | <input checked="" type="checkbox"/> Not<br>Starte<br>d | Introductio<br>n  |
| <u>Sec<br/>tion<br/>2:<br/>Leg<br/>acy_</u><br><u>Inve<br/>ntor</u><br><u>Y_</u><br><u>Wh<br/>at</u><br><u>You</u><br><u>'re</u><br><u>Alre<br/>ady</u><br><u>Buil<br/>din</u><br><u>g</u> | Activity Instructions<br>Written Assignment |                    | 20 min     | Solo<br>reflec<br>tion:<br>Who<br>have<br>you<br>helpe<br>d?<br>What<br>have<br>you<br>creat<br>ed?<br>What<br>woul<br>d<br>peopl<br>e   | <input checked="" type="checkbox"/>                 | Module 7  | <input checked="" type="checkbox"/> Not<br>Starte<br>d | Current<br>Legacy |

| Unit Title  | Components                  | Delivery Date | Duration | Notes   | SOU Evidence                        | Section  | Status      | Subsection  |
|---|-----------------------------|---------------|----------|---|-------------------------------------|----------|-------------|-------------|
| <u>Section 2.5:</u><br><u>Community unit</u><br><u>Y_Ove</u><br><u>L_Lab</u><br><u>els_</u><br><u>_Bre</u><br><u>akin</u><br><u>"Us</u><br><u>vs</u><br><u>The</u><br><u>m"</u> | Discussion Forum<br>Reading |               |          | remember?<br>You're already building legacy   |                                     |          |             |             |
|   |                             |               | 15 min   | Chetty social capital research.<br>Peer-led mode Is breaker/helped barriers.<br>No fixed/broken people, only builders at different stages | <input type="checkbox"/>            | Module 7 | Not Started | Anti-Stigma |
| <u>Section 3:</u>   | Discussion Forum<br>Video   |               | 35 min   | Craft purpose   | <input checked="" type="checkbox"/> | Module 7 | Not Started | Purpose     |

| Aa<br>Unit<br>Title   | ≡ Components   | 📅 Delivery<br>Date | ≡ Duration | ≡ Notes   | <input checked="" type="checkbox"/> SOU<br>Evidence | ⌚ Section | ⌚ Status           | ≡ Subsection       |
|---|--|--------------------|------------|---|---|-----------|--------------------|--------------------|
| <u>Per</u><br><u>son</u><br><u>al</u><br><u>Pur</u><br><u>pos</u><br><u>e</u><br><u>Stat</u><br><u>eme</u><br><u>nt</u><br><u>Wor</u><br><u>ksh</u><br><u>Op</u>  | Written Assignment                                   |                    |            | state<br>ment.<br>Purp<br>ose +<br>Role<br>Micro<br>-<br>Activi<br>ty:<br>Who<br>are<br>you<br>respo<br>nsible<br>to?<br>How<br>will<br>you<br>show<br>up?<br>(insid<br>e/out<br>side<br>com<br>munit<br>y) |   |           |                    |                    |
| <u>Sec</u><br><u>tion</u><br><u>4:</u><br><u>Leg</u><br><u>acy</u><br><u>Ma</u><br><u>ppli</u><br><u>ng_</u><br><u>Rip</u><br><u>ple</u><br><u>Effe</u><br><u>cts</u><br><u>&amp;</u><br><u>Co</u><br><u>mm</u><br><u>unit</u><br><u>y_</u><br><u>Net</u> | Activity Instructions<br>Discussion Forum<br>Reading |                    | 30 min     | Rippl<br>es<br>diagr<br>am<br>(Me<br>→<br>Imme<br>diate<br>→<br>Wider<br>→<br>Futur<br>e).<br>Lega<br>cy<br>Claim<br>Cere<br>mony<br>:  | <input checked="" type="checkbox"/>                 | Module 7  | Not<br>Starte<br>d | Network<br>Mapping |

| Unit Title   | Components                                      | Delivery Date | Duration | Notes  | SOU Evidence                        | Section  | Status      | Subsection |
|--|---|---------------|----------|--|-------------------------------------|----------|-------------|------------|
| <u>wor<br/>ks</u>  |   |               |          | Point to 1 person, say 'Part of what I'm building is for you'  |                                     |          |             |            |
| <u>Sec<br/>tion<br/>5:<br/>Tri<br/>be<br/>Co<br/>mmi<br/>tme<br/>nt -<br/>Na<br/>me<br/>d<br/>Role<br/>s &amp;<br/>Obli<br/>gati<br/>ons</u> | Activity Instructions<br><br>Written Assignment |               | 25 min   | REQU<br>IRED<br>Tribe<br>Com<br>mitm<br>ent<br>Card.<br>Selec<br>t 1<br>role<br>for 6<br>mont<br>hs:<br>Near-<br>Peer<br>Ment<br>or,<br>Pod<br>Lead,<br>Reso<br>urce<br>Conn<br>ector,<br>Story<br>Contri<br>butor<br>,,<br>Event<br>Supp<br>ort.<br>NON-<br>NEG | <input checked="" type="checkbox"/> | Module 7 | Not Started | Commitment |

| Unit Title  | Components            | Delivery Date | Duration | Notes   | SOU Evidence                        | Section  | Status      | Subsection         |
|---|-----------------------|---------------|----------|---|-------------------------------------|----------|-------------|--------------------|
| <u>Section 6: Legacy Transfer - "From Me to We"</u> | Written Assignment    |               | OTIA BLE |   |                                     |          |             |                    |
|   |                       |               | 15 min   | Write:<br>1 mistake<br>don't repeat, 1 truth learned hard way,<br>1 thing tribe must protect.<br>Compiled into Legacy Playbook for future cohorts | <input checked="" type="checkbox"/> | Module 7 | Not Started | Knowledge Transfer |
| <u>Section 7: Storytelling for Legacy</u>           | Activity Instructions |               | 10 min   | 1-min legacy message for future participant/family/co   | <input type="checkbox"/>            | Module 7 | Not Started | Story              |

| Aa<br>Unit<br>Title   | Components                                | Delivery<br>Date | Duration | Notes   | SOU<br>Evidence                     | Section  | Status      | Subsection |
|---|---|------------------|----------|---|-------------------------------------|----------|-------------|------------|
|   |   |                  |          | mmunity.<br>Written,<br>audio,<br>or<br>video.<br>Optional<br>sharing   |                                     |          |             |            |
| <u>Section</u><br><u>8:</u><br><u>Passing</u><br><u>the</u><br><u>Tor</u><br><u>ch-</u><br><u>Gra</u><br><u>dua</u><br><u>tion</u><br><u>Refr</u><br><u>ame</u><br><u>d</u> | Activity Instructions<br>Discussion Forum | 15 min           |          | Graduating<br>INTO tribe<br>not FRO M<br>program.<br>Co-design<br>ceremony.<br>Torch<br>Ceremony<br>with<br>builder<br>marker.<br>You<br>are<br>now<br>infras<br>tructu<br>re | <input type="checkbox"/>            | Module 7 | Not Started | Transition |
| <u>Section</u>  | Written Assignment                        |                  | 5 min    | One<br>legac  | <input checked="" type="checkbox"/> | Module 7 | Not         | Completion |

| Unit Title   | Components         | Delivery Date | Duration | Notes  | SOU Evidence                        | Section  | Status      | Subsection  |
|--|--------------------|---------------|----------|--|-------------------------------------|----------|-------------|-------------|
| <u>9:</u><br><u>Final</u><br><u>L</u><br><u>Refl</u><br><u>ecti</u><br><u>on</u><br><u>&amp;</u><br><u>Co</u><br><u>mni</u><br><u>tme</u><br><u>nt</u> |                    |               |          | y move this month. Commitment card. Closing affirmation: Your story matters, you are a builder, builder together |                                     |          | Started     |             |
| <u>Activity_8.1:</u><br><u>Legacy_Story_Draft_(Pre-Work)</u>   | Written Assignment |               | Homework | 1-2 page private draft: pattern trapped in, moment realized, what learned about writing, build differ            | <input checked="" type="checkbox"/> | Module 8 | Not Started | Story Craft |

| Unit Title   | Components                      | Delivery Date | Duration | Notes  | SOU Evidence                        | Section  | Status      | Subsection  |
|--|---------------------------------|---------------|----------|--|-------------------------------------|----------|-------------|-------------|
| Activity 8.2:<br>Story<br>Worksheet<br>Written Assignment        | Worksheet<br>Written Assignment |               | 20 min   | <p>ently now, responsible for</p> <p>For each story section:</p> <p>Serves others or just me?</p> <p>Now/Later/Never?</p> <p>Who is this for?</p> <p>Mark</p> <br><br><p>Discernment not shame</p> | <input checked="" type="checkbox"/> | Module 8 | Not Started | Discernment |
| Activity 8.3:<br>Witnesses<br>Circles<br>(Small,<br>Structured). | Activity Instructions           |               | 20 min   | <p>Groups of 3-4.</p> <p>Share 3 sentences/ 60 seconds (Green only).</p> <p>Liste</p>  | <input checked="" type="checkbox"/> | Module 8 | Not Started | Witnessing  |

| Aa<br>Unit<br>Title | ≡ Components | 📅 Delivery<br>Date | ≡ Duration | ≡ Notes   | <input checked="" type="checkbox"/> SOU<br>Evidence | ⌚ Section | ⌚ Status | ≡ Subsection |
|---------------------|--------------|--------------------|------------|---|---|-----------|----------|--------------|
|                     |              |                    |            | ners<br>respo<br>nd:<br>'What<br>I hear<br>your<br>story<br>com<br>mittin<br>g you<br>to is<br>__'.<br>No<br>advic<br>e/prai<br>se/fix<br>ing |   |           |          |              |

| Unit Title  | Components            | Delivery Date | Duration | Notes   | SOU Evidence                        | Section  | Status      | Subsection     |
|---|-----------------------|---------------|----------|---|-------------------------------------|----------|-------------|----------------|
| <u>Activity 8.4:</u><br><u>Role Dec laration (Publ., Brief).</u>          | Activity Instructions |               | 20 min   | THRE SHOL D MOM ENT. State alum ni role + one 30- day action + accountability person. NON-OPTI ONAL . Popcorn around circle | <input checked="" type="checkbox"/> | Module 8 | Not Started | Threshold      |
| <u>Activity 8.5:</u><br><u>The Legacy Leader (Collective Assessment).</u> | Written Assignment    |               | 15 min   | Submit: 1 mistake don't repeat, 1 truth learned hard way, 1 practice kept   | <input checked="" type="checkbox"/> | Module 8 | Not Started | Knowledge Base |

| Unit Title   | Components            | Delivery Date | Duration | Notes   | <input checked="" type="checkbox"/> SOU Evidence | Section  | Status      | Subsection |
|--|-----------------------|---------------|----------|---|--|----------|-------------|------------|
|  |                       |               |          | stable.<br>Compiled into<br>Legacy Playbook.<br>Program outlives you  |  |          |             |            |
| <u>Activity_8.6:</u><br><u>Passing_of_Custod_</u><br><u>y_(Closing_Ritu_all)</u> | Activity Instructions |               | 20 min   | GRADUATION.<br>Sign Alumni Ledger,<br>receive token,<br>place name in Playbook.<br>You are now infrastructured.<br>Physical = memory + responsibility | <input checked="" type="checkbox"/>              | Module 8 | Not Started | Ritual     |

| Aa<br>Unit<br>Title   | ≡ Components          | 📅 Delivery<br>Date | ≡ Duration | ≡ Notes  | <input checked="" type="checkbox"/> SOU<br>Evidence | ⌚ Section | ⌚ Status           | ≡ Subsection        |
|---|-----------------------|--------------------|------------|--|---|-----------|--------------------|---------------------|
| <u>Assi</u><br><u>gn</u><br><u>men</u><br><u>t</u><br><u>8.A:</u><br><u>30-</u><br><u>Day</u><br><u>Foll</u><br><u>ow-</u><br><u>Thr</u><br><u>oug</u><br><u>h</u><br><u>(Po</u><br><u>st-</u><br><u>Gra</u><br><u>d)</u> | Written Assignment    |                    | 30 days    | Com<br>plete<br>actio<br>n<br>from<br>Activi<br>ty<br>8.4.<br>Subm<br>it 30-<br>Day<br>Chec<br>k-In<br>Form.<br>Repor<br>t to<br>acco<br>untab<br>ility<br>perso<br>n.<br>Integr<br>ity<br>throu<br>gh<br>follo<br>w-<br>throu<br>gh | <input checked="" type="checkbox"/>                 | Module 8  | Not<br>Starte<br>d | Post-<br>Graduation |
| <u>Assi</u><br><u>gn</u><br><u>men</u><br><u>t</u><br><u>8.B:</u><br><u>Firs</u><br><u>t</u><br><u>Giv</u><br><u>e-</u><br><u>Bac</u><br><u>k</u><br><u>(Po</u><br><u>st-</u><br><u>Gra</u><br><u>d)</u>                  | Activity Instructions |                    | 60 days    | One<br>hour<br>servi<br>ce in<br>alum<br>ni<br>role.<br>Logg<br>ed<br>not<br>prais<br>ed.<br>Belon<br>ging<br>requir   | <input checked="" type="checkbox"/>                 | Module 8  | Not<br>Starte<br>d | Post-<br>Graduation |

| Aa<br>Unit<br>Title | ≡ Components | 📅 Delivery Date | ≡ Duration | ≡ Notes  | <input checked="" type="checkbox"/> SOU Evidence | ⌚ Section | ⌚ Status | ≡ Subsection |
|---------------------|--------------|-----------------|------------|--|--|-----------|----------|--------------|
|                     |              |                 |            | es<br>partic<br>ipatio<br>n.<br>Exam<br>ples:<br>ment<br>or,<br>co-<br>facilit<br>ate,<br>atten<br>d<br>circle<br>,,outre<br>ach |  |           |          |              |