



# Module 7 & 8: Legacy Building + From Obsession to Legacy - Complete Lesson Plans

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Tags	

## Module 7: Legacy Building

### Lesson Plans & Reading Materials

**Total Module Time:** 51-65 minutes of video content + readings

#### Module Overview:

This module shifts participants from building a business to building a legacy. Participants define what legacy means beyond money, explore case studies of cycle-breakers who built legacy, map their 3-generation impact, and commit to documentation as legacy work. The goal is to shift from "I'm surviving" to "I'm building something that outlasts me."

#### Research Foundation:

This module draws on intergenerational trauma research (Yehuda & Lehrner, 2018), asset-building theory (Sherraden, 2013), narrative identity work (McAdams & McLean, 2013), and social mobility research (Chetty et al., 2022).[\[1\]](#)

## Unit 0: What Is Legacy? (8-10 min)

**Subtitle:** Beyond money, beyond business

### Learning Objectives

By the end of this unit, participants will be able to:

- Define legacy in their own terms
- Understand legacy as more than financial wealth
- Identify the components of a cycle-breaking legacy
- Begin envisioning their own legacy

## Core Content

### Legacy Is Not Just Money

When people hear "legacy," they think:

- Inheritance
- Wealth passed down
- Trust funds

**For cycle-breakers, legacy is bigger than that.**

**Legacy = What you build + What you pass on + What you change**

### The Five Pillars of Cycle-Breaking Legacy

#### Pillar 1: Financial Stability

- Breaking the poverty cycle
- Building assets that protect the next generation
- Teaching financial literacy

#### Pillar 2: Relational Infrastructure

- Modeling healthy relationships
- Breaking patterns of abuse, neglect, or abandonment
- Teaching emotional regulation

#### Pillar 3: Identity Shift

- Rewriting family narratives
- Shifting from "We are broken" to "We are builders"

- Giving the next generation a different story

#### **Pillar 4: Knowledge Transfer**

- Teaching what you learned
- Documenting your journey
- Creating resources for those who come after you

#### **Pillar 5: Community Impact**

- Contributing to infrastructure (Legacy Rising, other networks)
- Building bridges for others
- Leaving the community better than you found it

**Your legacy is the sum of all five pillars.**

### **What Legacy Looks Like**

**Legacy is:**

- The child who doesn't have to survive the way you did
- The person you mentored who now mentors others
- The business that becomes a model for others
- The story you documented that helps someone feel less alone
- The cycle you broke so the next generation doesn't have to

**Legacy is not:**

- Perfect
- Immediate
- Something you finish

**Legacy is built slowly, over time, in the decisions you make every day.**

### **Discussion Prompts**

- What does legacy mean to you?
- What legacy were you handed (good and bad)?

- What legacy do you want to leave?

## Workbook Exercise: Your Legacy Vision

1. If you could only leave behind three things (skills, values, resources), what would they be?
  2. What cycle are you breaking?
  3. What are you building instead?
  4. Complete this sentence: "My legacy is..."
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## Unit 1: Case Studies (12-15 min)

**Subtitle:** Examples of cycle-breakers who built legacy

### Learning Objectives

By the end of this unit, participants will be able to:

- See real examples of cycle-breaking legacy
- Identify patterns across different legacy-building paths
- Feel inspired by stories of people who started where they are
- Envision their own legacy-building path

### Core Content

#### Case Study 1: Ruth Bader Ginsburg

**Background:** Grew up in a working-class Jewish family in Brooklyn during the Great Depression. Her mother never went to college but saved money for Ruth's education.

**Cycle broken:** Gender discrimination, limited educational access for women

#### Legacy built:

- Supreme Court Justice
- Advocate for gender equality

- Legal precedent that opened doors for millions of women
- Mentor to countless law students

**Key lesson:** Your legacy can be institutional. Changing systems changes lives.

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## Case Study 2: Dolores Huerta

**Background:** Daughter of migrant farmworkers. Witnessed exploitation, poverty, and violence in agricultural communities.

**Cycle broken:** Labor exploitation, lack of representation for marginalized workers

**Legacy built:**

- Co-founded United Farm Workers
- Organized strikes and boycotts that changed labor law
- "Sí, se puede" (Yes, we can) became a rallying cry
- Trained thousands of organizers

**Key lesson:** Your legacy can be collective power. Organizing changes systems.

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## Case Study 3: Legacy Rising Alumni - "Sam" (Cohort 1)

**Background:** Grew up in foster care, cycled through 12 homes, dropped out of high school. Struggled with substance use for 8 years.

**Cycle broken:** Foster care pipeline to incarceration, addiction, homelessness

**Legacy built:**

- Launched a peer navigation service for foster youth aging out of the system
- Hired 5 former foster youth as navigators
- Documented their journey in a blog that now has 10,000+ monthly readers
- Lobbied for policy change at the state level

**Key lesson:** Your legacy can be immediate and local. You don't need to be famous to change lives.

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## Case Study 4: Chef JJ Johnson

**Background:** Grew up poor in Harlem, food was scarce, relied on school lunches and food pantries.

**Cycle broken:** Food insecurity, lack of access to nutrition and culinary education

**Legacy built:**

- Became a James Beard-nominated chef
- Launched FIELDTRIP, a fast-casual restaurant focused on accessible, nutritious food
- Created culinary training programs for low-income youth
- Advocates for food justice

**Key lesson:** Your legacy can be cultural. Food, art, and beauty are part of building.

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## Common Threads

Across all case studies:

1. **They started from struggle** (not privilege)
2. **They built around their lived experience** (not despite it)
3. **They mentored others** (they didn't climb alone)
4. **They documented or shared their journey** (so others could learn)
5. **They impacted systems, not just individuals** (their work scaled)

## Discussion Prompts

- Which case study resonates most with you?
- What patterns do you notice?
- How could your lived experience become part of your legacy?

## Workbook Exercise: Your Case Study (Future)

Imagine someone is writing a case study about YOU 10 years from now.

1. What cycle did you break?
2. What did you build?

3. Who did you impact?

4. What's your key lesson?

Write 3-5 sentences as if you're reading about yourself in the future.

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## Unit 2: The 3-Generation Map (10-12 min)

**Subtitle:** What you inherited, what you're building, what you'll pass on

### Learning Objectives

By the end of this unit, participants will be able to:

- Map three generations (past, present, future)
- Identify intergenerational patterns
- See their role as the bridge between trauma and healing
- Commit to intentional legacy-building

### Core Content

#### The 3-Generation Framework

You are the bridge between:

- **Generation 1 (Past):** What you inherited
- **Generation 2 (You):** What you're building
- **Generation 3 (Future):** What you'll pass on

**Your work is to transform what you inherited into what you pass on.**

#### Generation 1: What You Inherited

This includes:

- **Trauma:** abuse, neglect, addiction, poverty, instability
- **Patterns:** avoidance, control, people-pleasing, chaos
- **Beliefs:** "We don't talk about that," "Money is evil," "People like us don't..."
- **Strengths:** resilience, resourcefulness, loyalty, survival skills

**Research Insight:** Yehuda & Lehrner (2018) found that trauma can be passed down biologically (epigenetics) and behaviorally. But so can healing. You can pass on resilience instead of trauma.[\[1\]](#)

**Reflection questions:**

- What did your family teach you about money?
- What did they teach you about relationships?
- What did they teach you about yourself?
- What survival skills did you learn?

## **Generation 2: What You're Building (Right Now)**

**This is you.** You're doing the work:

- Learning to regulate your nervous system
- Building a business
- Rewriting shame scripts
- Creating financial stability
- Mentoring others
- Documenting your journey

**You are the cycle-breaker.**

You didn't choose this role. It chose you. And you're doing it.

**Reflection questions:**

- What patterns have you already broken?
- What are you still working on?
- What tools are you building?
- What are you learning that you wish you'd known sooner?

## **Generation 3: What You'll Pass On**

This is the next generation:

- Your children (if you have/want them)

- Your mentees
- The people you influence
- The community you're part of

### **What will they inherit from you?**

- Financial literacy (not financial trauma)
- Emotional regulation tools (not survival mode)
- Builder identity (not victim identity)
- Community infrastructure (not isolation)
- Documentation of your journey (not silence)

**They won't have to start from scratch. They'll start from where you left off.**

### **Reflection questions:**

- What do you want them to inherit from you?
- What do you NOT want to pass on?
- What tools will you teach them?
- What story will you tell them about who they are?

## **Mapping Your 3 Generations**

### **Exercise: Create a 3-Generation Map**

Draw three columns:

<b>Generation 1 (Past)</b>	<b>Generation 2 (You)</b>	<b>Generation 3 (Future)</b>
What you inherited	What you're building	What you'll pass on
Trauma, patterns, beliefs, strengths	Skills, tools, identity shifts	New legacy

### **Fill it in:**

- Column 1: What patterns, beliefs, and trauma did you inherit?
- Column 2: What are you actively building/learning/changing?
- Column 3: What do you want the next generation to inherit from you?

## **Example:**

<b>Generation 1</b>	<b>Generation 2</b>	<b>Generation 3</b>
Poverty mindset	Learning financial literacy	Financial stability + skills to build wealth
Addiction	In recovery, learning regulation	Emotional regulation tools from day one
"We don't talk about feelings"	Learning to name emotions, ask for help	Emotional vocabulary + safe space to feel
Resilience, loyalty	Resilience + boundaries	Resilience without self-abandonment

## **Discussion Prompts**

- What surprised you about your 3-Generation Map?
- Where do you see the biggest shift between Generation 1 and Generation 3?
- What's one thing you're committed to NOT passing on?

## **Workbook Exercise: 3-Generation Map**

Create your own map (use the template above).

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## **Unit 3: Document Your Journey (10-12 min)**

**Subtitle:** Why your story matters, how to capture it

### **Learning Objectives**

By the end of this unit, participants will be able to:

- Understand documentation as legacy work
- Choose a documentation method that fits their Builder Type
- Begin documenting their journey
- Commit to ongoing documentation

### **Core Content**

# Why Documentation Matters

Your journey matters. Not just to you—to everyone who comes after you.

## Why document:

- So others know they're not alone
- So your knowledge doesn't die with you
- So the next generation has a map (not just survival stories)
- So you can see how far you've come

**Research Insight:** McAdams & McLean (2013) found that narrating your life story is linked to identity development, meaning-making, and psychological well-being. Telling your story helps YOU heal, and it helps others too.[\[1\]](#)

## What to Document

### Option 1: Your Origin Story

- Where you started
- What you survived
- What you learned

### Option 2: Your Building Journey

- How you launched your business
- What worked, what didn't
- Lessons learned

### Option 3: Your Tools & Frameworks

- What frameworks helped you (Builder Type, RAIN method, etc.)
- How you adapted them
- What you'd teach someone starting out

### Option 4: Letters to Your Future Self / Next Generation

- What you want them to know
- What you wish someone had told you

- Wisdom you've gained

**You don't have to document everything. Start with one.**

## Documentation Methods by Builder Type

### High Structure:

- Weekly journal entries (scheduled)
- Blog with consistent posting schedule
- Video diary (structured format)

### Low Structure:

- Voice memos when inspiration strikes
- Stream-of-consciousness journaling
- Social media posts (no pressure to be consistent)

### High Stimulation:

- Short-form content (TikTok, Instagram Stories, Twitter threads)
- Video logs (more dynamic than writing)
- Podcasting (conversational)

### Low Stimulation:

- Long-form writing (essays, blog posts)
- Private journaling (no audience pressure)
- Annual reflection letters

### External Processors:

- Record conversations with tribe members
- Create collaborative documents ("Our Cohort's Story")
- Video interviews (talk through your story)

### Internal Processors:

- Solo journaling

- Private blogs or Google Docs
- Share when ready (not required)

## How to Start

**Step 1: Pick a medium** (journal, blog, video, voice memos, etc.)

**Step 2: Answer one prompt:**

- "This is where I started..."
- "This is what I learned this week..."
- "If I could tell my younger self one thing, it would be..."

**Step 3: Set a rhythm** (weekly, monthly, whenever)

**Step 4: Don't edit yourself** (first drafts are messy—that's okay)

**Step 5: Decide who it's for**

- Just you?
- Your tribe?
- The next generation?
- The public?

**You can always change your mind.**

## Legacy Rising Documentation Infrastructure

Legacy Rising maintains:

- **The Legacy Ledger:** A collective document where alumni add their names and one key lesson
- **Alumni Story Bank:** Video or written stories from graduates
- **Resource Library:** Tools, templates, and frameworks created by alumni

**Your documentation can live here, or anywhere you choose.**

## Discussion Prompts

- What makes documentation feel hard?

- What format feels most natural to you?
- What's one story you want to capture before you forget it?

## Workbook Exercise: Start Documenting

1. Choose your documentation method
  2. Pick one prompt from the list above
  3. Spend 10 minutes documenting right now (yes, right now)
  4. Commit to your rhythm: When will you document next?
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## Unit 4: You're Building a Cathedral (5-7 min)

**Subtitle:** Long-term vision, generational thinking

### Learning Objectives

By the end of this unit, participants will be able to:

- Understand legacy as multi-generational work
- Release the pressure to "finish" their legacy
- Commit to doing their part
- Hold the long view

### Core Content

#### The Cathedral Builders

In medieval Europe, cathedrals took 100-300 years to build.

The people who laid the foundation never saw the finished building. The people who carved the sculptures never walked through the completed doors.

#### But they built anyway.

They built knowing:

- They wouldn't see the end
- Their children might not see the end

- But their work mattered

**You are building a cathedral.**

## Generational Thinking

**Short-term thinking:** "What can I achieve in my lifetime?"

**Generational thinking:** "What can I start that others will finish?"

**Examples of generational thinking:**

- Planting trees you'll never sit under
- Teaching skills you won't see people use
- Building infrastructure you won't fully benefit from
- Breaking cycles that won't be fully healed in your lifetime

**Legacy Rising is generational thinking.** You're building infrastructure that will outlast you.

## You Don't Have to Finish

**The pressure:** "I have to do it all. I have to fix everything. I have to break every cycle."

**The truth:** You don't.

You just have to do your part.

**Your part:**

- Break the cycles you can
- Build what you can with what you have
- Pass on what you learned
- Hold space for the next generation to keep building

**You're not the whole cathedral. You're one stone. And that stone matters.**

## What Success Looks Like

Success is NOT:

- Perfection

- Finishing
- Doing it alone

Success IS:

- Progress (even slow)
- Passing on tools
- Contributing your stone

**You're already succeeding.**

## Discussion Prompts

- What would change if you released the pressure to "finish"?
- What's one "stone" you've already laid?
- What do you hope the next generation continues building?

## Workbook Exercise: Your Cathedral

1. What cathedral are you building? (What's the long-term vision?)
  2. What stone are you laying right now?
  3. What do you hope others will add after you?
  4. Complete this: "I'm building a cathedral called..."
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## Module 7 Integration & Next Steps

### What You've Learned

In this module, you:

- Defined legacy beyond money
- Studied cycle-breakers who built legacy
- Mapped your 3-generation impact
- Started documenting your journey
- Embraced long-term, generational thinking

## How This Connects to Module 8

Module 8 (From Obsession to Legacy) ties everything together. You'll reflect on the full journey—from obsession as misdirected energy to legacy as your life's work. You'll prepare for graduation and step fully into your identity as a cycle-breaking builder.

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# Module 8: From Obsession to Legacy

## Lesson Plans & Reading Materials

**Total Module Time:** 41-51 minutes of video content + readings

### Module Overview:

This final module completes the arc from Module 1 to Module 8. Participants reflect on the transformation from obsession (misdirected energy) to legacy (directed purpose). They revisit all modules, identify their growth, prepare for graduation, and commit to the Builder's Path as a lifelong journey. The goal is to shift from "I'm fixing myself" to "I'm building my legacy."

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## Unit 0: The Arc from Module 1 to Module 8 (8-10 min)

**Subtitle:** Revisiting the journey, measuring transformation

### Learning Objectives

By the end of this unit, participants will be able to:

- Trace their journey from Module 1 to Module 8
- Identify specific transformations they've made
- Recognize growth in identity, skills, and regulation
- Celebrate how far they've come

### Core Content

#### The Journey You've Taken

##### Module 1: Reframing Obsession

- You learned: Obsession is redirectable energy
- You did: Grief work, release rituals, obsession mapping
- Then: You saw obsession as a flaw
- Now: You see it as fuel

### **Module 1.5: Personality & Energy Profile**

- You learned: You're not broken, you're mismatched
- You did: Took Builder Type assessment, identified your wiring
- Then: You fought your wiring
- Now: You build around it

### **Module 2: Builder Identity Work**

- You learned: Identity is built, not found
- You did: Language audit, Identity MVP, affirmations
- Then: Your identity was shaped by trauma
- Now: Your identity is shaped by building

### **Module 3: Energy, Frequency & Inner Strategy**

- You learned: Regulation is infrastructure
- You did: Heart coherence, RAIN method, hindrance work
- Then: You were reactive
- Now: You're responsive

### **Module 4: Entrepreneurship 101**

- You learned: You're already an entrepreneur
- You did: Identified problems, built MVPs, launched
- Then: You believed entrepreneurship wasn't for you
- Now: You're a builder

### **Module 5: Peer Leadership & Alumni Engagement**

- You learned: You're infrastructure now

- You did: Made Pay-It-Forward Pledge, chose mentorship role
- Then: You were receiving help
- Now: You're giving and receiving

## **Module 6: Financial Foundations**

- You learned: Money is a tool, not a moral issue
- You did: Built budget, started savings, worked on credit
- Then: Money felt chaotic and shameful
- Now: You're building financial dignity

## **Module 7: Legacy Building**

- You learned: You're building something bigger than yourself
- You did: Mapped 3 generations, documented your journey
- Then: You were surviving
- Now: You're building a legacy

**You've come so far.**

## **Measuring Transformation**

### **Identity transformation:**

- Who were you in Module 1?
- Who are you now?
- What identity did you shed?
- What identity did you build?

### **Skill transformation:**

- What could you do in Module 1?
- What can you do now?
- What skills surprised you?

### **Regulation transformation:**

- How did you handle stress in Module 1?
- How do you handle it now?
- What tools do you use?

### **Relational transformation:**

- How connected were you in Module 1?
- How connected are you now?
- Who's in your tribe?

## **Discussion Prompts**

- What module was hardest for you? Why?
- What module surprised you most?
- Where do you see the biggest transformation?

## **Workbook Exercise: Then vs. Now**

### **Create two columns:**

<b>Me in Module 1</b>	<b>Me in Module 8</b>
(Describe yourself then)	(Describe yourself now)

### **Prompts:**

- Identity
- Skills
- Regulation
- Relationships
- Financial state
- Business progress
- Self-talk

## **Unit 1: The Builder's Path Is Lifelong (8-10 min)**

**Subtitle:** Graduation is not the end, ongoing commitment

## Learning Objectives

By the end of this unit, participants will be able to:

- Understand the Builder's Path as a lifelong journey
- Identify ongoing practices they'll continue
- Commit to lifelong learning and building
- Release perfectionism and embrace iteration

## Core Content

### Graduation Is a Milestone, Not a Finish Line

**What graduation means:**

- You've completed the foundational training
- You've launched your MVP
- You're ready to hold infrastructure for others

**What graduation does NOT mean:**

- You're done learning
- You're done building
- You'll never struggle again

**The Builder's Path doesn't end. It evolves.**

### The Lifelong Builder Commitment

**I commit to:**

1. **Keep building** (iterating on my business, my life, my legacy)
2. **Keep regulating** (using the tools from Module 3 daily)
3. **Keep learning** (reading, experimenting, asking for help)
4. **Keep connecting** (staying active in the alumni network)

5. **Keep giving** (mentoring, facilitating, showing up)

6. **Keep documenting** (so my journey helps others)

**This is not a one-time commitment. It's a way of life.**

## The Builder's Spiral (Not a Straight Line)

You'll cycle back through:

- Identity work (you'll outgrow identities and build new ones)
- Regulation work (you'll get dysregulated and need to re-ground)
- Financial work (you'll have setbacks and rebuilds)
- Relationship work (you'll need to renegotiate boundaries)

**This is not failure. This is the spiral.**

**Each time you cycle back, you're at a higher level.**

## Ongoing Practices

### Daily:

- Affirmations (Module 2)
- Heart coherence (Module 3)
- Money check-in (Module 6)

### Weekly:

- Pod check-ins (Module 4, 5)
- Budget review (Module 6)
- Builder's Code reflection (Module 2)

### Monthly:

- Alumni circle or gathering (Module 5)
- 3-generation map review (Module 7)
- Business iteration (Module 4)

### Annually:

- Full identity audit (Module 2)
- Assess Builder Type alignment (Module 1.5)
- Legacy map update (Module 7)

## Discussion Prompts

- What practice from the program will you continue?
- What makes it hard to commit to lifelong work?
- What support do you need to sustain this?

## Workbook Exercise: My Lifelong Builder Commitment

1. What daily practice will I continue?
  2. What weekly practice will I continue?
  3. What monthly practice will I continue?
  4. What annual reflection will I do?
  5. Sign and date: "I commit to the Builder's Path."
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## Unit 2: Preparing for Graduation (10-12 min)

**Subtitle:** Ceremony, pledges, stepping into alumni role

### Learning Objectives

By the end of this unit, participants will be able to:

- Understand the graduation ceremony structure
- Prepare their personal pledges and reflections
- Practice their alumni role declaration
- Emotionally prepare for transition

### Core Content

#### The Graduation Ceremony Structure

## **Part 1: Opening Circle (10 min)**

- Cohort gathers
- Facilitator welcomes everyone
- Moment of silence for the journey

## **Part 2: Reflection Round (20 min)**

- Each participant shares:
  - One thing they're proud of
  - One thing they're taking with them
  - One thing they're leaving behind

## **Part 3: Passing of Custody Ritual (10 min)**

- Symbol passed from facilitators to graduating cohort
- Graduating cohort now holds the infrastructure

## **Part 4: Legacy Ledger Signing (10 min)**

- Each graduate adds:
  - Their name
  - Cohort number
  - One lesson learned
  - One gift to the next cohort

## **Part 5: Pay-It-Forward Pledge (5 min)**

- Each graduate publicly commits:
  - Time, Skill, or Presence
  - Specific action ("I'll mentor one person for 6 months")

## **Part 6: Alumni Role Declaration (5 min)**

- Each graduate declares:
  - "I will serve as [Mentor/Near-Peer/Facilitator/Pod Member]"

## **Part 7: Witnessing Circle (15 min)**

- Cohort stands in circle
- Facilitators and previous alumni witness the transition
- Statement: "You are seen. You are held. You are infrastructure now."

### **Part 8: Celebration (30+ min)**

- Food, music, connection
- No agenda, just presence

**Total: ~2 hours**

## **Preparing Your Reflections**

### **One thing I'm proud of:**

- Be specific (not "everything")
- Celebrate something hard
- Example: "I'm proud that I launched my business even though I was terrified"

### **One thing I'm taking with me:**

- A tool, a lesson, a practice
- Example: "I'm taking the RAIN method—it's the first thing that's helped me regulate"

### **One thing I'm leaving behind:**

- A belief, a pattern, an identity
- Example: "I'm leaving behind the belief that I'm not cut out for entrepreneurship"

**Practice these out loud before the ceremony.**

## **Your Legacy Ledger Entry**

### **What to write:**

- Your name
- Cohort number
- One lesson: What did you learn that you wish you'd known sooner?

- One gift: What are you giving to the next cohort?

#### **Examples:**

- Lesson: "Regulation is not optional. It's infrastructure."
  - Gift: "I'm creating a budgeting template for gig workers"
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- Lesson: "Your Builder Type is a feature, not a bug. Build around it."
  - Gift: "I'll mentor High Structure Builders who struggle with flexibility"

## **Emotional Preparation**

Graduation will bring up feelings:

- **Pride:** You did something hard
- **Grief:** This phase is ending
- **Fear:** What if I can't sustain this without the structure?
- **Gratitude:** For the tribe that held you
- **Excitement:** For what's next

**All of these are okay. Let yourself feel them.**

## **Workbook Exercise: Graduation Prep**

1. Write your three reflections (proud, taking, leaving)
  2. Practice saying them out loud
  3. Write your Legacy Ledger entry
  4. Write your Pay-It-Forward Pledge (be specific)
  5. Write your Alumni Role Declaration
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## **Unit 3: You're a Cycle-Breaker Now (5-7 min)**

**Subtitle:** Identity claim, final affirmation

### **Learning Objectives**

By the end of this unit, participants will be able to:

- Claim the identity: cycle-breaker, builder, infrastructure
- Speak their final affirmation with conviction
- Hold the full arc of their transformation
- Step into their legacy with confidence

## Core Content

### The Identity You've Built

#### You are:

- A cycle-breaker
- A builder
- Infrastructure
- A mentor
- A legacy-maker

#### You are not:

- Broken
- A victim
- Defined by your trauma
- Alone

**This identity is not aspirational. It's real. Right now.**

## The Final Affirmation

#### Say this out loud:

*"I am a cycle-breaker.*

*I turned obsession into purpose.*

*I built a business from nothing.*

*I learned to regulate my nervous system.*

*I rewrote my shame scripts.*

*I built financial dignity.*

*I documented my journey.*

*I am infrastructure for the next generation.*

*I am not done, but I am not where I started.*

*I am a builder.*

*This is my legacy."*

**Say it again. Say it until you believe it.**

## The Charge

You've been given tools. Now you hold them for others.

You've been witnessed. Now you witness others.

You've been held. Now you hold the infrastructure.

**This is not a burden. This is a gift.**

## Workbook Exercise: I Am a Cycle-Breaker

1. Write your own version of the Final Affirmation
  2. Record yourself saying it
  3. Listen to it daily for the next 30 days
  4. Share it with your tribe
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## Unit 4: Go Build Your Legacy (5-7 min)

**Subtitle:** Final send-off, what's next

### Learning Objectives

By the end of this unit, participants will be able to:

- Feel ready to leave the program structure
- Know their next steps
- Commit to staying connected

- Feel empowered to build their legacy

## Core Content

### What's Next

#### **Month 1 post-graduation:**

- Check in with your pod weekly
- Attend first alumni gathering
- Reach out to your mentor (or mentee)
- Continue daily practices

#### **Months 2-6:**

- Iterate on your business based on feedback
- Scale slowly (don't burn out)
- Document your journey
- Stay active in alumni network

#### **Months 6-12:**

- Assess: Is this business sustainable? Do I want to scale it or pivot?
- Update your Identity MVP if needed
- Consider taking on a mentee
- Contribute to a workshop or gathering

#### **Year 2+:**

- You're a pillar now
- You mentor, facilitate, or teach
- You keep building your legacy
- You stay connected to the tribe

## **The Builder's Code (Revisited)**

#### **Remember:**

- **I build, therefore I am.**
- **My past is not my ceiling.**
- **I am infrastructure, not charity case.**
- **My tribe holds me when I can't hold myself.**
- **I give from overflow, not depletion.**
- **I regulate before I react.**
- **My business is my offering.**
- **My legacy is my life's work.**

**This code is yours now. Live it.**

## **Final Words**

You are not leaving. You're transitioning.

The tribe is still here. The infrastructure is still here. The tools are still yours.

**Go build your legacy.**

We'll be here when you need us. And you'll be here when others need you.

**This is not the end. This is the beginning.**

## **Final Reflection**

1. What are you most excited to build next?
2. What are you most nervous about?
3. What will you remember most from this program?
4. Complete this: "I'm ready to..."

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## **Module 8 Integration & Closing**

### **What You've Learned (Full Program)**

You've completed 8 modules:

- Reframed obsession as redirectable energy

- Understood your Builder Type wiring
- Built a new identity from scratch
- Learned to regulate your nervous system
- Launched a business as an MVP
- Committed to peer leadership and infrastructure
- Built financial dignity
- Mapped your 3-generation legacy

**You are not the same person who started Module 1.**

## The Builder's Path Continues

This is not the end. The work continues:

- Keep building
- Keep regulating
- Keep connecting
- Keep giving
- Keep learning
- Keep documenting

**You're a cycle-breaker now. Go break cycles.**

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## Research Summary for Modules 7 & 8

### Core Research Citations:

1. **Yehuda, R., & Lehrner, A. (2018).** "Intergenerational transmission of trauma effects." *Developmental Psychopathology*, 30(3), 833-854.
  - Application: Trauma is passed down; so is resilience
2. **Sherraden, M. (2013).** *Building Assets and Economic Security*. Assets Perspective.
  - Application: Asset-building breaks cycles

3. **McAdams, D. P., & McLean, K. C. (2013).** "Narrative identity." *Current Directions in Psychological Science*, 22(3), 233-238.
    - Application: Telling your story builds identity and meaning
  4. **Chetty, R., et al. (2022).** "Social Capital and Economic Mobility." *Nature*, 608, 108-121.
    - Application: Social infrastructure predicts mobility
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## Facilitator Notes for Modules 7 & 8

### Common Challenges

1. **Grief at ending** (even though they're not really leaving)
  - Normalize: Transitions bring grief
  - Reframe: You're not leaving, you're transitioning
2. **Fear of losing structure**
  - Remind: Alumni network provides ongoing structure
  - Help them create post-graduation rhythms
3. **Imposter syndrome** ("I'm not ready to be infrastructure")
  - Reality: You're ready
  - Evidence: Look at your transformation
4. **Pressure to have legacy "figured out"**
  - Reframe: Legacy is lifelong, not a single achievement
  - You're laying one stone

### Trauma-Informed Considerations

- Graduation can trigger abandonment wounds
- Emphasize: You're not being abandoned; you're transitioning
- Some participants will try to disappear post-graduation
- Follow up personally with anyone who ghosts

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## **End of Modules 7 & 8 Lesson Plans**