



Online Course

Legacy Rising

A shame-free, recovery-informed entrepreneurship program for cycle-breakers

Program Overview

Legacy Rising is a free 8-week in-person cohort that helps cycle-breakers turn obsession into fuel, build dignity-first identities, and launch ventures that matter.

Core Philosophy: Addiction + Passion = Success







Who it's for: People with histories of addiction, incarceration, poverty, or burnout who are ready to build something new.



















| | |
|------------------|--|
| Program Location | Houston, TX (In-Person) |
| Duration | 8 weeks |
| Program Lead | Ashley Zeck |
| Cost | Free to participants |
| Email | legacyrisinghtx@gmail.com |
| Next Cohort | TBD |


















Program Announcements























This Week's Focus























Base





















| Aa Name | 📁 Archive | 🔍 Ask Doubts | 👤 Created by | 🕒 Created time | 📅 Date | 👥 Facilitator | 🕒 Last edited by | 🕒 Last edited time |
|---|--------------------------|--------------|---|--------------------------|--------|---------------|---|--------------------------|
| <u>Unit 2: Your Builder Type Break down</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:08 AM |
| <u>Reading: The 8 Builder Types - Full Profiles</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:12 AM |
| <u>Unit 1: The Build</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:01 AM |



















| Aa Name |  Archive |  Ask Doubts |  Created by |  Created time |  Date |  Facilitator |  Last edited by |  Last edited time |
|--|---|--|---|--|--|---|--|--|
| <u>er</u> <u>Perso</u> <u>na</u> <u>lity</u> <u>&</u> <u>Energ</u> <u>y</u> <u>Profil</u> <u>e</u> <u>(BPE</u> <u>P)</u> | | | | | | | | |
| <u>Unit</u> <u>Q:</u> <u>Why</u> <u>You</u> <u>Keep</u> <u>Break</u> <u>ing</u> <u>the</u> <u>Same</u> <u>Way</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:01 AM |
| <u>Readi</u> <u>ng:</u> <u>The</u> <u>Four</u> <u>Core</u> <u>Axes</u> <u>-</u> <u>Unde</u> <u>rstan</u> <u>ding</u> <u>Your</u> <u>Wirin</u> <u>g</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:05 AM |
| <u>BPEP</u> <u>Asse</u> <u>ssme</u> <u>nt -</u> <u>The</u> <u>35</u> <u>Ques</u> <u>tions</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:05 AM |
| <u>Video</u> <u>:</u> <u>Readi</u> <u>ng</u> <u>Your</u> <u>Profil</u> <u>e (8-</u> <u>10</u> <u>min)</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:08 AM |
| <u>Readi</u> <u>ng:</u> <u>You'r</u> <u>e Not</u> <u>Broke</u> <u>n,</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 7:58 AM |



















|  Name |  Archive |  Ask Doubts |  Created by |  Created time |  Date |  Facilitator |  Last edited by |  Last edited time |
|--|---|--|---|--|--|---|--|--|
| You're the Mismatched | | | | | | | | |
| Video : What We're Measuring (and Why) (8-10 min). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:05 AM |
| Video : The Wrong Operating System (5-7 min). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:01 AM |
| Assignment: Profile Reflection | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:12 AM |
| Unit 5: Integration with Module 2 & Beyond | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:56 AM |
| Video : The Cost of Mismatch (8-10 min). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:16 AM |
| Video : How This Follows You | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:56 AM |













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|---|---|---|---|--|--|---|---|--|
| (5-7 min). | | | | | | | | |
| Work sheet : Mismatch Inventory | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:16 AM |
| Assignment: My Path Forward | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 9:02 AM |
| Unit 4: Building Your Operating Rules | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:53 AM |
| Video : Your Non-Negotiables (8-10 min). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:53 AM |
| Work sheet : Builder Operating Rules | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:56 AM |
| Unit 3: Mismatch Patterns | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:38 AM | | |  Ashley Zeck | @January 8, 2026 8:12 AM |
| Video : How Language Shapes Identity (5-7 min). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:01 AM |





















| Aa Name |  Archive |  Ask Doubts |  Created by |  Created time |  Date |  Facilitator |  Last edited by |  Last edited time |
|--|---|---|---|--|--|---|---|--|
| Video : You're Not Broken. You're a Specific. (5-7 min). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:08 AM |
| Unit 3: Builder's Code Workshop | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:12 AM |
| Unit 6: Group Normalization & Peer Matching | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:02 AM |
| Assignment: Rewrite Your Story. | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:08 AM |
| Video : Breaking the Shame Loop. (5 min). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:08 AM |
| Unit 7: Module 1.5 Wrap & Hand off | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:06 AM |
| Unit 1: | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:01 AM |






| Aa Name |  Archive |  Ask Doubts |  Created by |  Created time |  Date |  Facilitator |  Last edited by |  Last edited time |
|--|---|---|---|--|--|---|---|--|
| The Power of Language | | | | | | | | |
| Unit 2: Shame Scripts & Narrative Rewrite | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:08 AM |
| Assignment: Language Inventory | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:05 AM |
| Video : Your Identity as a Mini mum Viabl e Product (5-7 min). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:53 AM |
| Assignment: Create Your Identity. MVP One- Pager | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:53 AM |
| Unit 5: Build er Affirmatio ns | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:56 AM |
| Unit 4: Identi | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:16 AM |

| Aa Name |  Archive |  Ask Doubts |  Created by |  Created time |  Date |  Facilitator |  Last edited by |  Last edited time |
|---|---|---|---|--|--|---|---|--|
| <u>ty_</u> <u>MVP</u> <u>-</u> <u>Desig</u> <u>ning_</u> <u>Your</u> <u>Build</u> <u>er_</u> <u>Self</u> | | | | | | | | |
| <u>Unit</u> <u>5.5:</u> <u>Type</u> <u>Clust</u> <u>ering_</u> <u>-</u> <u>Tribe</u> <u>as</u> <u>Norm</u> <u>alizer</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:02 AM |
| <u>Video</u> <u>: The</u> <u>Practi</u> <u>ce of</u> <u>Affir</u> <u>matio</u> <u>n (3-</u> <u>5</u> <u>min).</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:56 AM |
| <u>Video</u> <u>: The</u> <u>Powe</u> <u>r of</u> <u>Share</u> <u>d_</u> <u>Value</u> <u>s (5</u> <u>min).</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:12 AM |
| <u>Unit</u> <u>6:</u> <u>Modu</u> <u>le 2</u> <u>Asse</u> <u>ssme</u> <u>nt &</u> <u>Integr</u> <u>ation</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:02 AM |
| <u>Colla</u> <u>borati</u> <u>ve_</u> <u>Activi</u> <u>ty:</u> <u>Co-</u> <u>Creat</u> <u>e the</u> <u>Build</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:16 AM |

| Aa Name |  Archive |  Ask Doubts |  Created by |  Created time |  Date |  Facilitator |  Last edited by |  Last edited time |
|--|---|---|---|--|--|---|---|--|
| er's Code | | | | | | | | |
| Assignmen t: Creat e Your Build er Affir matio ns | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:02 AM |
| Practi ce: Build er Lang uage Spotti ng. (Sma ll Grou ps). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:09 AM |
| Assignmen t: Identi ty Integr ation Plan | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:03 AM |
| Unit 7.5: Build er Feed back Fram ework | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 7:39 AM |
| Unit 7: Build er Lang uage Spotti ng - Tribe as Cultu re Hold er | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:06 AM |

| Aa Name | 📁 Archive | ↗️ Ask Doubts | 👤 Created by | 🕒 Created time | 📅 Date | 👥 Facilitator | 🕒 Last edited by | 🕒 Last edited time |
|--|--------------------------|------------------|---|--------------------------|-----------|------------------|---|--------------------------|
| Video : Why Micro - Evidence Beats Motivation (3-5 min). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 7:39 AM |
| Unit 7.6: Builder Receipts Log - Identity Proof Tracking | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 7:39 AM |
| Quiz: Module 2 Knowledge Check | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:03 AM |
| Video : Why Language Enforcement Matters (5 min). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:08 AM |
| Video : Feedback as Infrastructure (5 min). | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 7:39 AM |
| Daily Assignment: Builder | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 7:39 AM |

| Aa Name |  Archive |  Ask Doubts |  Created by |  Created time |  Date |  Facilitator |  Last edited by |  Last edited time |
|---|---|---|---|--|--|---|---|--|
| <u>Recei pts Log (Z days).</u> | | | | | | | | |
| <u>Unit 2: Unde rstan ding Grief as Trans forma tion</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:05 AM |
| <u>Unit 7: How to Redir ect Obse ssive Energ y.</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:06 AM |
| <u>Unit 6: Harm oniou s vs. Obse ssive Passi on (Valle rand).</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:47 AM |
| <u>Readi ng: Fram ewor k for Redir ectio n</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:07 AM |
| <u>Readi ng: Why Lettin g Go is Neces sary.</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:33 AM |
| <u>Readi ng: The Duali</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:49 AM |

| Aa Name |  Archive |  Ask Doubts |  Created by |  Created time |  Date |  Facilitator |  Last edited by |  Last edited time |
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| <u>stic</u> <u>Mode</u> <u>l of</u> <u>Passi</u> <u>on</u> | | | | | | | | |
|  <u>Unit</u> <u>1:</u> <u>Com</u> <u>munit</u> <u>y</u> <u>Guide</u> <u>lines</u> <u>&</u> <u>Confi</u> <u>denti</u> <u>ality</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:24 AM |
| <u>Unit</u> <u>4:</u> <u>Discu</u> <u>ssion</u> <u>on</u> <u>Obse</u> <u>ssion</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:16 AM |
|  <u>Readi</u> <u>ng:</u> <u>Creat</u> <u>ing</u> <u>Sacre</u> <u>d</u> <u>Spac</u> <u>e</u> <u>Onlin</u> <u>e</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 8:29 AM |
| <u>Readi</u> <u>ng:</u> <u>Good</u> <u>, Bad,</u> <u>and</u> <u>Weird</u> <u>- The</u> <u>Obse</u> <u>ssion</u> <u>Spect</u> <u>rum</u> | <input type="checkbox"/> | |  Ashley Zeck | @January 8, 2026 7:39 AM | | |  Ashley Zeck | @January 8, 2026 9:00 AM |



Course Modules

Base


| Name | Types |
|--|--------------|
| Reading: You're Not Broken, You're Mismatched | Reading |
| Unit 1: Community Guidelines & Confidentiality | Reading |
| Reading: Creating Sacred Space Online | Reading |
| Reading: The Four Core Axes - Understanding Your Wiring | Reading |
| Unit 2: Your Builder Type Breakdown | Reading |
| Reading: Why Letting Go is Necessary | Reading |
| Reading: The 8 Builder Types - Full Profiles | Reading |
| Reading: Good, Bad, and Weird - The Obsession Spectrum | Reading |
| Unit 6: Harmonious vs. Obsessive Passion (Vallerand) | Reading |
| Reading: The Dualistic Model of Passion | Reading |
| Unit 7: How to Redirect Obsessive Energy | Reading |
| Reading: Framework for Redirection | Reading |
| Unit 7.5: Builder Feedback Framework | Reading |
| Assignment: Language Inventory | Assignment |
| Assignment: Rewrite Your Story | Assignment |
| Assignment: Profile Reflection | Assignment |
| Unit 4: Identity MVP - Designing Your Builder Self | Assignment |
| Assignment: Create Your Identity MVP One-Pager | Assignment |
| Unit 5: Builder Affirmations | Assignment |
| Assignment: Create Your Builder Affirmations | Assignment |
| Assignment: My Path Forward | Assignment |
| Assignment: Identity Integration Plan | Assignment |
| Unit 7.6: Builder Receipts Log - Identity Proof Tracking | Assignment |
| Quiz: Module 2 Knowledge Check | Quiz |
| Unit 0: Why You Keep Breaking the Same Way | Video Lesson |
| Video: The Wrong Operating System (5-7 min) | Video Lesson |
| Unit 1: The Power of Language | Video Lesson |
| Video: How Language Shapes Identity (5-7 min) | Video Lesson |
| Video: What We're Measuring (and Why) (8-10 min) | Video Lesson |
| Unit 2: Understanding Grief as Transformation | Video Lesson |

|  Name |  Types |
|--|---|
| Unit 2: Shame Scripts & Narrative Rewrite | Video Lesson |
| Video: Breaking the Shame Loop (5 min) | Video Lesson |
| Video: Reading Your Profile (8-10 min) | Video Lesson |
| Unit 3: Mismatch Patterns | Video Lesson |
| Video: The Power of Shared Values (5 min) | Video Lesson |
| Video: The Cost of Mismatch (8-10 min) | Video Lesson |
| Unit 4: Building Your Operating Rules | Video Lesson |
| Video: Your Identity as a Minimum Viable Product (5-7 min) | Video Lesson |
| Video: Your Non-Negotiables (8-10 min) | Video Lesson |
| Unit 5: Integration with Module 2 & Beyond | Video Lesson |
| Video: The Practice of Affirmation (3-5 min) | Video Lesson |
| Video: How This Follows You (5-7 min) | Video Lesson |
| Unit 7: Module 1.5 Wrap & Handoff | Video Lesson |
| Video: Why Language Enforcement Matters (5 min) | Video Lesson |
| Video: You're Not Broken, You're Specific (5-7 min) | Video Lesson |
| Video: Feedback as Infrastructure (5 min) | Video Lesson |
| Video: Why Micro-Evidence Beats Motivation (3-5 min) | Video Lesson |
| Worksheet: Mismatch Inventory | Worksheet |
| Worksheet: Builder Operating Rules | Worksheet |
| Daily Assignment: Builder Receipts Log (7 days) | Worksheet |
| Unit 3: Builder's Code Workshop | Discussion Forum |
| Collaborative Activity: Co-Create the Builder's Code | Discussion Forum |
| Unit 4: Discussion on Obsession | Discussion Forum |
| Unit 5.5: Type Clustering - Tribe as Normalizer | Discussion Forum |
| Unit 6: Group Normalization & Peer Matching | Discussion Forum |
| Unit 7: Builder Language Spotting - Tribe as Culture Holder | Discussion Forum |
| Practice: Builder Language Spotting (Small Groups) | Discussion Forum |
| Unit 1: The Builder Personality & Energy Profile (BPEP) | Assessment |
| BPEP Assessment - The 35 Questions | Assessment |
| Unit 6: Module 2 Assessment & Integration | Assessment |

Curriculum Overview


Module 1: Reframing Obsession

Release the old target. Understand obsession as grief and adaptation. Learn to distinguish harmonious from obsessive passion.

 [Module 1: Reframing Obsession](#)

Module 1.5: Personality & Energy Profile (BPEP)

Explain the machine. Discover how you're wired to function under pressure—your structure needs, stimulation threshold, social energy, and control style.


 [Module 1.5: Personality & Energy Profile](#)

Module 2: Builder Identity Work

Build an identity that fits. Shift from "broken" to "builder." Replace shame scripts with dignity-first language and create your Identity MVP.

[Module 2: Builder Identity Work](#)

Full Curriculum Framework

 [Legacy Rising Curriculum - Research Foundation & Framework](#)

Community Agreements




Builder's Code

- **No shame, ever.** We speak with dignity, even when calling out bullshit.
- **Builders help builders up.** We show up for each other.
- **Progress over perfection.** Recovery isn't linear.
- **We stay in builder language.** Tribe enforces culture.
- **What's shared here stays here.** Confidentiality is non-negotiable.

Research Foundation

This curriculum is grounded in evidence-based research:

- **Johann Hari** (*Chasing the Scream, Lost Connections*) — Connection as antidote to addiction
- **Gabor Maté** (*In the Realm of Hungry Ghosts*) — Dignity and safety enable change
- **Marc Lewis** (*The Biology of Desire*) — Neuroplasticity and obsession redirection
- **Robert Vallerand** (*The Psychology of Passion*) — Harmonious vs. obsessive passion
- **Deci & Ryan** (Self-Determination Theory) — Autonomy, competence, relatedness
- **Brené Brown** — Shame blocks courage; vulnerability builds connection

 [Ask Doubts](#)

Program by Legacy Rising | [Legacy Rising](#)