

LEGACY RISING™ Module 1 – Reframing Obsession: From Liability to Fuel™

 Owner	 Ashley Zeck
 Tags	

Duration: 120–135 minutes | Cohort: 8–16 | Certified Facilitators Only



Module Objective

Transform obsessive energy from “the thing that almost killed me” into the most powerful asset participants will ever own.



Module 1 is about grieving and releasing the old self.

Learning Outcomes

By the end, every participant will be able to:

1. Name their obsessive patterns without shame
2. Separate the **energy** from the **old target**
3. Commit to one 7-day experiment redirecting that energy into creation

Materials Needed

- Journals + pens
- Tissues
- Fire-safe bowl & lighter OR shredder OR sealed envelopes

- Printed Obsession-to-Fuel Worksheets™
- Quiet instrumental playlist
- Projector / slides (optional)

Section	Time	Activity	Minutes
1	00:00	Ground Rules & Sacred Space	5 min
2	00:05	Eulogy for the Old Self™ (grief work) • Solo letter writing • Voluntary sharing circle	30 min (15 + 15)
3	00:35	Ritual of Release™ (fire / shred / seal)	10 min
4	00:45	Energy Shift – “Obsessed or Inspired?” icebreaker	10 min
5	00:55	Obsession Mapping Exercise™ • Solo journaling • Triads pattern-spotting	20 min (8 + 12)
6	01:15	Fire Inventory – Passion Assessment (8-item Legacy Rising Passion Check)	15 min
7	01:30	Redirect Workshop™ • Real-world case studies (Blakely, Basquiat, etc.) • Small-group brainstorming	25 min
8	01:55	Public Commitment & Fire Check™ (sticky-note / Notion card share)	12 min
9	02:07	Closing Reflection & One-Word Checkout	5 min

Session Script & Flow

00:00 – Section 1 | Sacred Space & Ground Rules (5 min)

Facilitator:

“Today is the **first and last** time in Legacy Rising we will ever speak about your old self in complete, raw truth — the destruction, the pain, the full cost.

This is not shame work. This is grief work and honor work.
Everything said here stays here. You may pass on anything at any time.
We only move at the speed of safety."

00:05 – Section 2 | Eulogy for the Old Self™ (30 min)

Part A – Solo letter (15 min)

Prompt (on screen + spoken):

"Write a goodbye letter to the version of you are leaving behind. Tell them:

- What you were running from
- What you were running toward
- What the obsession gave you (even if toxic)
- What it took from you
- One final sentence of goodbye or gratitude"

Part B – Voluntary sharing circle (15 min)

After each share → group responds in unison:

"We see you. We honor your story. We release what no longer serves."

00:35 – Section 3 | Ritual of Release™ (10 min)

Choose one (decide in advance):

| Fire ceremony (metal bowl)

| Shredder ceremony

| Sealed vault envelope (handed to facilitator or kept until graduation)

| Close with:

"We honor what was. We release what no longer serves. We choose to build."

00:45 – Section 4 | Energy Shift – "Obsessed or Inspired?" (10 min)

Popcorn round:

"Quick — name one thing you've ever been obsessed with. Good, bad, weird, doesn't matter."

Laughs guaranteed. Normalizes the intensity.

00:55 – Section 5 | Obsession Mapping Exercise™ (20 min)

| Solo (8 min) → fill top of worksheet

| Triads (12 min) → "What deeper need was this trying to meet?"

01:15 – Section 6 | Fire Inventory – Passion Assessment (15 min)

Participants take the **Legacy Rising 8-item Passion Check** (public-domain adapted from Vallerand).

Debrief: "Which items feel harmonious? Which feel obsessive? How do they feel in your body?"

01:30 – Section 7 | Redirect Workshop™ (25 min)

| Show 60-sec clips / quotes (Sara Blakely, Basquiat, etc.)

| Small groups: Pick ONE obsession from your worksheet → brainstorm 3 new builder-level targets

| Each person picks ONE 7-day experiment

01:55 – Section 8 | Public Commitment & Fire Check™ (12 min)

Everyone writes on sticky / Notion card:

"This week I will redirect [old trigger] → redirect into [new target] by doing [tiny daily action]."

Read aloud → group: "We've got your back."

02:07 – Section 9 | Closing Reflection (5 min)

One-word checkout:

"After today, the word I now associate with my obsessive energy is ____."

Included Assets (ready now)

1. Obsession-to-Fuel Worksheet™ (PDF)
2. 8-item Legacy Rising Passion Check (Typeform link on request)
3. Weekly Fire Check™ text/email poll template
4. Ritual safety checklist

5. Canva slide deck (I'll send in <12 h if you say "go")

Non-Negotiable Licensing Guardrails

- Eulogy letters are **never** collected or read by facilitator
- No recording of sharing circle
- "Pass" is sacred
- Any shame language is immediately redirected to builder framing

Research Anchors (include on slides & handouts)

- Vallerand (2003, 2015)
- Lewis – The Biology of Desire (2015)
- Maté – In the Realm of Hungry Ghosts (2008)
- Hari – Chasing the Scream (2015)