



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 Breakdown</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 Type S - 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 Perso nality & Energ y_ Profil e (BPE P).</u>								
<u>Unit 0: Why You Keep Break ing_ the Same Way.</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:38 AM			Ashley Zeck	@January 8, 2026 8:01 AM
<u>Readi ng: The Four Core Axes - Unde rstan ding_ Your Wisin g</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:38 AM			Ashley Zeck	@January 8, 2026 8:05 AM
<u>BPEP Asse ssme nt - The 35 Ques tions</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:38 AM			Ashley Zeck	@January 8, 2026 8:05 AM
<u>Video : Readi ng_ Your Profil e(8- 10 min).</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:38 AM			Ashley Zeck	@January 8, 2026 8:08 AM
<u>Readi ng: You'r e Not Broke n_</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:38 AM			Ashley Zeck	@January 8, 2026 7:58 AM

Aa Name	 Archive	 Ask Doubts	 Created by	 Created time	 Date	 Facilitator	 Last edited by	 Last edited time
<u>You'r e Mism atche d</u>								
<u>Video : What We're Meas uring (and Why) (8-10 min).</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:38 AM			 Ashley Zeck	@January 8, 2026 8:05 AM
<u>Video : The Wron g_ Oper ating Syste m (5- Z min).</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:38 AM			 Ashley Zeck	@January 8, 2026 8:01 AM
<u>Assig nmen t: Profil e Refle ction</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:38 AM			 Ashley Zeck	@January 8, 2026 8:12 AM
<u>Unit 5: Integr ation with Modu le 2 & Beyo nd</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:38 AM			 Ashley Zeck	@January 8, 2026 8:56 AM
<u>Video : The Cost of Mism atch (8-10 min).</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:38 AM			 Ashley Zeck	@January 8, 2026 8:16 AM
<u>Video : How This Follo ws You</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:38 AM			 Ashley Zeck	@January 8, 2026 8:56 AM

Aa Name	Archive	Ask Doubts	Created by	Created time	Date	Facilitator	Last edited by	Last edited time
<u>(5-7 min).</u>								
<u>Work sheet :- Mismatch Inventory.</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:38 AM			Ashley Zeck	@January 8, 2026 8:16 AM
<u>Assignment to My Path Forward</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:38 AM			Ashley Zeck	@January 8, 2026 9:02 AM
<u>Unit 4: Building Your Operating Rules</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:38 AM			Ashley Zeck	@January 8, 2026 8:53 AM
<u>Video : Your Non-Negotiables (8-10 min).</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:38 AM			Ashley Zeck	@January 8, 2026 8:53 AM
<u>Work sheet :- Builder Operating Rules</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:38 AM			Ashley Zeck	@January 8, 2026 8:56 AM
<u>Unit 3: Mismatch Patterns</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:38 AM			Ashley Zeck	@January 8, 2026 8:12 AM
<u>Video : How Language Shapes Identity (5-7 min).</u>	<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
<u>Video</u> : <u>You'r</u> <u>e Not</u> <u>Broke</u> <u>D-</u> <u>You'r</u> <u>e</u> <u>Speci</u> <u>fic</u> <u>(5-7</u> <u>min)</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 9:08 AM
<u>Unit</u> <u>3:</u> <u>Build</u> <u>er's</u> <u>Code</u> <u>Work</u> <u>shop</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>Grou</u> <u>p</u> <u>Norm</u> <u>alizati</u> <u>on &</u> <u>Peer</u> <u>Matc</u> <u>hing</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 9:02 AM
<u>Assig</u> <u>nmen</u> <u>t:</u> <u>Rewri</u> <u>te</u> <u>Your</u> <u>Story.</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 8:08 AM
<u>Video</u> : <u>Break</u> <u>ing</u> <u>the</u> <u>Sham</u> <u>e</u> <u>Loop</u> <u>(5</u> <u>min)</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 8:08 AM
<u>Unit</u> <u>7:</u> <u>Modu</u> <u>le 1.5</u> <u>Wrap</u> <u>&</u> <u>Hand</u> <u>off</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 9:06 AM
<u>Unit</u> <u>1:</u>	<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
<u>The Power of Language</u>								
<u>Unit 2: Shame Script & Narrative Rewrite</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 8:08 AM
<u>Assignment: Language Inventory</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 8:05 AM
<u>Video: Your Identity as a Mini-mum Viable Product (5-7 min)</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 8:53 AM
<u>Assignment: Create Your Identity MVP One-Pager</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 8:53 AM
<u>Unit 5: Builder Affirmations</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 8:56 AM
<u>Unit 4: Identity</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
<u>ty_</u> <u>MVP</u> <u>_</u> <u>Desig</u> <u>nin</u> <u>Yor</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
<u>er's Code</u>								
<u>Assig nmen t: Creat e Your Build er Affir matio ns</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 9:02 AM
<u>Practi ce: Build er Lang uage Spotti ng (Smal L Grou ps).</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 9:09 AM
<u>Assig nmen t: Ident ity Integr ation Plan</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 9:03 AM
<u>Unit 7.5: Build er Feed back Fram ewor k</u>	<input type="checkbox"/>		 Ashley Zeck	@January 8, 2026 7:39 AM			 Ashley Zeck	@January 8, 2026 7:39 AM
<u>Unit 7: Build er Lang uage Spotti ng - Tribe as Cultu re Hold er</u>	<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
<u>Video</u> <u>: Why</u> <u>Micro</u> <u>-</u> <u>Evide</u> <u>nce</u> <u>Beats</u> <u>Motiv</u> <u>ation</u> <u>(3-5</u> <u>min)</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:39 AM			Ashley Zeck	@January 8, 2026 7:39 AM
<u>Unit</u> <u>7.6:</u> <u>Build</u> <u>er</u> <u>Recei</u> <u>pts</u> <u>Log -</u> <u>Ident</u> <u>i</u> <u>ty</u> <u>Proof</u> <u>Track</u> <u>ing</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:39 AM			Ashley Zeck	@January 8, 2026 7:39 AM
<u>Quiz:</u> <u>Modu</u> <u>le 2</u> <u>Know</u> <u>ledge</u> <u>Che</u> <u>k</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:39 AM			Ashley Zeck	@January 8, 2026 9:03 AM
<u>Video</u> <u>: Why</u> <u>Lang</u> <u>uage</u> <u>Enfor</u> <u>ceme</u> <u>nt</u> <u>Matte</u> <u>rs (5</u> <u>min)</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:39 AM			Ashley Zeck	@January 8, 2026 9:08 AM
<u>Video</u> <u>: Feed</u> <u>back</u> <u>as</u> <u>Infras</u> <u>truct</u> <u>ure</u> <u>(5</u> <u>min)</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:39 AM			Ashley Zeck	@January 8, 2026 7:39 AM
<u>Daily</u> <u>Assig</u> <u>nmen</u> <u>t:</u> <u>Build</u> <u>er</u>	<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 (7 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 oniu 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 ection</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 Nece ssary.</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
<u>stic Mode l of Passi on</u>								
<u>Unit 1: Com munit</u>								
<u>Y Guide lines & Confi denti ality</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:39 AM			Ashley Zeck	@January 8, 2026 8:24 AM
<u>Unit 4: Discu ssion _Obse ssion</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:39 AM			Ashley Zeck	@January 8, 2026 8:16 AM
<u>Readi ng: Creat ing Sacred Spac e Onlin e</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:39 AM			Ashley Zeck	@January 8, 2026 8:29 AM
<u>Readi ng: Good , Bad , and Weird - The Obse ssion Spect rum</u>	<input type="checkbox"/>		Ashley Zeck	@January 8, 2026 7:39 AM			Ashley Zeck	@January 8, 2026 9:00 AM



Course Modules

Base

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

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

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](#)

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