

A Strategy for What's Next *Reflect. Rebuild. Rise.*

INTRODUCTION

If you've picked up this guide, chances are you're in transition. Maybe you're questioning your job, your direction, your next step. Maybe you have been through something that forced change on you such as an illness, a family shift, or just a moment of clarity that says, "This isn't working anymore."

This guide is not a workbook, and it's not a checklist. It is a conversation that begins with honesty and ends with action. Whether you're an individual seeking support or a community partner looking for ways to help others rise, this guide offers a pathway forward.

Let's begin.

STEP ONE: REFLECT

The Pause - KNOW WHERE YOU ARE

Before you fix, build, or change anything, you need to stop and see it clearly. Reflection is the most powerful tool we have, but most people skip it.

Ask yourself: - Am I living in a way that honors who I am becoming? - What patterns keep repeating in my life? - What is my spirit saying that I've been ignoring?



Reflection isn't passive. It's a radical act of self-awareness. It's the first step in choosing what stays, what goes, and what comes next.

STEP TWO: REBUILD

The Plan - CREATE A NEW FOUNDATION

Once you've told the truth about where you are, it's time to build what you need. Not what society says. Not what your past demands. What you need now.

This is where strategy meets support. For some, that means finding the right health coverage. For others, it means rewriting a resume, or planning for a career shift. Rebuilding takes tools, guidance, and sometimes a helping hand.

At Ridea Works, we offer that support without judgment.

STEP THREE: RISE

The Rise - STEP INTO WHAT'S NEXT

Rising is not about perfection. It's about alignment. You rise when your actions line up with your values. When your vision meets structure.

This is where legacy work begins. Estate documents. End-of-life planning. Creating a business or simply making peace with your choices. When you rise, you live with intention. You move differently.

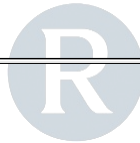
And when you rise, others around you rise too.

PROJECT ONE: THE BLACK FOLDER LEGACY PROJECT

The Preparation — PEACE ON PAPER

We do not plan because we are afraid of death. We plan because we love the people we'll leave behind.

The Black Folder Project helps individuals and families get their house in order. From health care proxies to funeral wishes, it gives structure to the things we avoid but must face. We help with real-life planning that schools do not cover. It is not just paperwork; it is a gift of love.



PROJECT TWO: JUST QUIT AND LIVE

The Exit – LET GO TO LET COME

Sometimes the bravest thing you can do is walk away. Just Quit and Live started as a blog documenting what it means to leave a job without another lined up. It became a global story of people reclaiming life on their own terms.

Quitting is not failure. It's a decision to let go of what no longer serves you. We help individuals and groups navigate exits with purpose and with a plan.

PROJECT THREE: PATH 80

The Path — NAVIGATING SYSTEMS THAT WEREN'T BUILT FOR US

Medicaid. Medicare. Child Support. Paperwork. Applications. Denials. Appeals.

Path 80 was created to guide people through the maze. Whether you're low-income, in transition, or supporting someone who is, Path 80 offers help with clarity and compassion.

We also partner with organizations and schools to offer compliance training and hands-on application support.

PROJECT FOUR: WYL

The Mirror— WHERE'S YOUR LIPSTICK?

This is not about makeup. It's about mindset. WYL was born from a simple question Maria's mother used to ask: "Where's your lipstick?"

It was her way of saying, "Show up like you matter."

WYL is a brand and a reminder. We teach women and girls to care for their outer presentation as an act of inner self-worth. It is not about a product line or a conversation series, it always comes back to one thing: "Walk into a room like you were sent there."

PROJECT FIVE: SEPA

The Movement— COMMUNITY REBUILT FROM WITHIN

SEPA (apes spelled backward) is a community barter network built by and for people who have been left out of traditional systems. We trade skills. We teach what schools don't. We tell the truth peacefully.

SEPA is practical. Rooted in legacy and collective rise. It is also a vision in motion that is open to partners, campuses, and leaders who want to do more than talk.

FOR INDIVIDUALS — START HERE



If you need help, don't wait. Use this guide to reflect, then reach out. We do not have all the answers, but we ask the right questions and walk with you until you find your way.

From health insurance to career shifts to legacy documents, we can support you in putting your life plan on paper and into motion.

FOR ORGANIZATIONS, PARTNERS, AND COMMUNITY LEADERS

Ridea Works is more than a business. It's a strategy partner for community colleges, nonprofits, workforce programs, and companies looking to serve people with depth and dignity.

We offer workshops, curriculum support, event collaboration, and real-world education that fills in the gaps. If you are seeking a partner who reflects your mission, rebuilds with care, and helps people rise then we are ready to partner.

Reflect. Rebuild. Rise. Let's do this together.