

Unit 4: Building Your Operating Rules

≡ Components	Discussion Forum Reading Video Worksheet
≡ Duration	25 min
≡ Notes	Builder Operating Rules worksheet (200+ words), non-negotiables, boundaries, early warning signs
✓ SOU Evidence	<input checked="" type="checkbox"/>
⌚ Section	Module 1.5
⚙ Status	Not Started
≡ Subsection	Operating Manual

Overview

Duration: 25 minutes

Components: Video, Reading, Worksheet, Discussion Forum

This unit helps participants create a personalized manual for how they actually function best—not aspirational, but sustainable.

Learning Objectives

- Identify true operating constraints vs. comfort preferences
- Create personal operating rules based on your wiring
- Learn to communicate needs without apology

Video Content (8-10 min): Your Non-Negotiables

Key messages:

- The difference between "should" and "must"
 - How to identify true operating constraints (vs. comfort preferences)
 - Why protecting your wiring is not weakness
 - Examples of operating rules by Builder Type
 - How to communicate your needs without apology
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Reading: Sample Operating Rules by Type

Firestarter Operating Rules

- I need variety and autonomy, or I shut down
- I can't do the same task for more than 90 minutes
- I need fast feedback loops, not slow deliberation
- I start to spiral when: routine gets too rigid, pace slows down, creativity is restricted

Architect Operating Rules

- I need time to plan before I execute
- I can't function well in constant chaos or ambiguity
- I need clear expectations and timelines
- I start to spiral when: too many variables change at once, no time to think, rushed decisions

Operator Operating Rules

- I need structure + intensity (both, not one or the other)
- I can't do unstructured high-pressure or structured low-energy
- I need clear systems with fast execution
- I start to spiral when: chaos without clarity, slow pace with no challenge

Lone Wolf Operating Rules

- I need solo time to recharge and think
 - I can't do constant collaboration or open-office environments
 - I need autonomy and minimal oversight
 - I start to spiral when: too many meetings, interruptions, forced socializing
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Worksheet: Builder Operating Rules

Complete this worksheet (200+ words):

1. I function best when I have:

(*Structure? Flexibility? Intensity? Calm? Solo time? Collaboration?*)

2. I start to spiral when:

(*What conditions consistently break you?*)

3. One condition I must protect while building:

(*What's non-negotiable for you to stay functional?*)

4. One thing I'm done forcing myself to do:

(*What "best practice" have you been trying to adopt that breaks you?*)

5. One boundary I will hold:

(*What will you say no to, even if others think you "should"?*)

6. How I'll know I'm in the wrong system:

(*Early warning signs—physical, emotional, behavioral*)

Key Teaching Line

"These rules are not optional. These are the conditions under which you don't break. Protecting them is not selfishness—it's sustainability."

Discussion Forum

Prompt: "Share one operating rule you're committing to. What boundary are you protecting? Support others in holding their rules."

Instructions:

- Post your primary operating rule
 - Respond to 2 others with affirmation
 - Practice saying "This is non-negotiable for me"
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Submission

Upload your completed Builder Operating Rules worksheet (200+ words).