









# Unit 4: Building Your Operating Rules

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|  Components   | <div>Discussion Forum</div> <div>Reading</div> <div>Video</div> <div>Worksheet</div>             |
|  Duration     | 25 min   |
|  Notes        | Builder Operating Rules worksheet (200+ words), non-negotiables, boundaries, early warning signs |
|  SOU Evidence |                 |
|  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)*

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## 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."**

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## 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).