

Unit 5: Integration with Module 2 & Beyond

🕒 Module	Module 1.5: Personality & Energy Profile
# Unit Number	5
🕒 Types	Video Lesson
📌 Mandatory	<input checked="" type="checkbox"/>
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Unit 5: Integration with Module 2 & Beyond

Module 1.5: Personality & Energy Profile | Video Lesson

Unit Overview

You've completed the Builder Personality & Energy Profile (BPEP). You know your wiring. You've created your Operating Rules.

Now it's time to understand how this all integrates with **Module 2 (Builder Identity Work)** and the rest of your journey.

This unit shows you how your BPEP results inform everything that comes next.

Learning Objectives

By the end of this unit, participants will:

1. Understand how the BPEP integrates with Module 2 (Builder Identity Work)
 2. See how wiring informs venture design in future modules
 3. Recognize that the BPEP is a living tool, not a one-time assessment
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Unit Contents

Video: How This Follows You (5-7 min)

[Video: How This Follows You \(5-7 min\)](#)

What it covers:

- How your Builder Type shapes your Identity MVP in Module 2
 - How wiring influences venture design in later modules
 - How to revisit and refine your BPEP results over time
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The Integration Map

Here's how your BPEP results flow through the rest of the program:

Module 1: Reframing Obsession

- You learned that obsession is energy that needs a new target
- You identified your old obsession and what you're grieving

Module 1.5: Builder Personality & Energy Profile (BPEP)

- You discovered your wiring (Structure, Stimulation, Social Energy, Control)
- You identified mismatch patterns from your past
- You created Operating Rules to protect your wiring

Module 2: Builder Identity Work

- **Your BPEP informs your Identity MVP**
 - Your wiring shapes your identity-aligned behaviors
 - Your Operating Rules become your non-negotiables
 - Your Builder Type determines what "sustainable building" looks like for you

Example:

If you're a **Structured Sprinter (Introverted, Autonomous)**, your Identity MVP might include:

- Behavior: "A Structured Sprinter builds systems before adding intensity"
 - Non-negotiable: "I will protect solo deep work time"
 - Value: "Structure enables speed"
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Module 3: Finding Your Why (Future)

- **Your BPEP shapes what kind of problem you're drawn to solve**
 - High-Stim builders might be drawn to fast-paced, high-stakes problems
 - Low-Stim builders might be drawn to deep, complex problems that require patience
 - Extroverted builders might be drawn to community-facing problems
 - Introverted builders might be drawn to systems or research-based problems
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Module 4: MVP Design (Future)

- **Your BPEP determines how you design and build your venture**
 - Rigid builders need clear milestones and systems from day one
 - Fluid builders need flexibility to pivot and experiment
 - Autonomous builders need full control over the MVP process
 - Guided builders need a mentor or framework to structure the MVP
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Module 5: Financial Foundations (Future)

- **Your BPEP shapes your relationship with money and how you manage finances**
 - Rigid builders thrive with detailed budgets and tracking systems
 - Fluid builders need flexible financial frameworks that can adjust
 - High-Stim builders might take more financial risks

- Low-Stim builders prefer conservative, steady financial strategies
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Module 6: Building Your Team (Future)

- **Your BPEP determines who you need on your team**
 - Introverted builders might hire for client-facing roles
 - Extroverted builders might hire for backend, solo work
 - Autonomous builders need team members who can execute independently
 - Guided builders need advisors or mentors to provide structure
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Your BPEP is a Living Tool

Important: Your Builder Type is not fixed forever.

As you grow, your preferences may shift slightly. As you heal, your nervous system may regulate differently. As you design for fit, your tolerance for mismatch may increase.

Revisit your BPEP every 6-12 months:

- Retake the assessment
- Compare your results
- Update your Operating Rules as needed

Your wiring is your design specification. But design specifications can be refined.

Facilitation Notes

Key Messaging:

- The BPEP isn't a one-time assessment—it's a living tool
- Your wiring informs every module that follows
- Design for fit means using your BPEP to make better decisions at every stage

Discussion Prompts:

- "How do you see your Builder Type showing up in your past ventures or projects?"
- "What's one decision you can make differently now that you know your wiring?"

Tribe Role: Integration Partners. The group helps each other apply BPEP insights to real decisions.

What's Next

After completing Module 1.5, you'll move into **Module 2: Builder Identity Work**, where you'll use your BPEP results to design your Identity MVP and create your builder narrative.

Your wiring is the foundation. Your identity is what you build on that foundation.



Builder Reminder: Your BPEP is not a box—it's a map. Use it to navigate, not to limit yourself.