Video: Reading Your Profile (8-10 min)

⊙ Module	Module 1.5: Personality & Energy Profile
# Unit Number	2.1
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Video Script: Reading Your Profile

Module 1.5: Personality & Energy Profile | Unit 2.1 | 8-10 minutes

Video Overview

Objective: Help participants interpret their BPEP results and understand what their Builder Type means in practical terms.

Tone: Encouraging, practical, grounded in real examples.

Script

[OPEN: Direct to camera]

Welcome back. By now, you've taken the BPEP and received your Builder Type.

Some of you are nodding like, "Yes, this is exactly me."

Some of you are thinking, "Wait, this doesn't feel right."

And some of you are somewhere in between.

All of those reactions are normal.

In this video, I'm going to help you read your profile—what it means, how to interpret it, and what to do if your results surprise you.

[SECTION 1: Your Axis Scores Matter More Than Your Type]

First, let's be clear: **your Builder Type is shorthand.**

It's a quick way to communicate your wiring. But the real insight is in your **axis scores.**

For example:

If you scored **35 on Structure** (Rigid), that tells you something important: **You need systems and routines to function well. Chaos drains you fast.**

If you scored **40 on Stimulation** (High), that tells you: **You need intensity and urgency. Boredom is painful.**

The combination of those two scores is what matters.

A Structured Sprinter (high structure + high stimulation) needs **structured intensity.** Think: sprint cycles, clear deadlines, high-stakes projects with defined processes.

A Fluid Steady (low structure + low stimulation) needs **flexible calm.** Think: deep work with no fixed schedule, low-pressure projects, room to adapt.

Don't get hung up on the label. Focus on the scores.

[SECTION 2: What If You're in the Middle?]

Some of you scored near the middle on one or more axes.

For example, maybe you scored **22 on Structure** (right in the middle between Rigid and Fluid).

That's not a problem. That's ambiverted.

It means:

- You can adapt to different environments more easily than people with strong preferences

- You might need a mix (e.g., some structure + some flexibility)

- Context matters—you'll lean one way or another depending on the situation

If you're ambiverted, design for flexibility. Don't lock yourself into one extreme.

[SECTION 3: What If Your Scores Don't Match Your Past?]

This is a common question: "But I've worked in environments that are the opposite of my type, and I was successful. Does that mean the BPEP is wrong?"

No. It means you were succeeding *despite* the mismatch, not because of it.

Here's the key distinction: **Success ≠ Sustainable Fit**

You can be successful in a mismatched environment if you:

- Mask or force yourself to adapt

- Compensate with coping mechanisms (substances, overwork, etc.)

- Burn out slowly without realizing it

The BPEP isn't measuring what you *can* do. It's measuring what you can do sustainably, without burning out.

So if you look at your results and think, "But I've worked 80-hour weeks in high-chaos environments and I was fine"—ask yourself:

- **Were you actually fine? Or were you masking burnout?**

- **How long did you sustain it before crashing?**

- **What coping mechanisms were you using?**

[SECTION 4: What If You're Surprised by Your Results?]

If your results don't feel right, here are a few things to consider:

1. Did you answer aspirationally or honestly?

Did you answer based on who you wish you were, or who you actually are?

Go back to the assessment. Think about moments when you felt most like yourself —most at ease, most energized, most authentic. Answer based on *that* version of you.

2. Have you only been in mismatched environments?

If you've only ever worked in rigid, high-pressure jobs, you might not know what your natural preferences are. You've been in survival mode.

Try to think about informal settings—hobbies, side projects, times when you had full autonomy. How did you function *then*?

3. Are you conflating skills with preferences?

Just because you're *good* at something doesn't mean you *prefer* it.

You might be great at managing chaos, but that doesn't mean chaos energizes you. You might be great at solo work, but that doesn't mean solitude recharges you.

Skills ≠ Preferences. Preferences = Wiring.

[SECTION 5: How to Use Your Profile]

Once you understand your wiring, here's how to use it:

1. Spot mismatch patterns from your past

Look at your past 3-5 jobs or environments. Which were good fits? Which were bad fits?

For each one, ask:

- Did it match my Structure needs?
- Did it match my Stimulation needs?
- Did it match my Social Energy needs?
- Did it match my Control needs?

If 3+ axes were mismatched, that environment was set up to drain you.

2. Design your venture for fit

Now that you know your wiring, design your venture to match it.

If you're a Structured Sprinter (Introverted, Autonomous):

- Build clear systems and processes from day one
- Create sprint cycles with tight deadlines
- Protect solo deep work time
- Own your decisions fully

If you're a Fluid Steady (Extroverted, Guided):

- Design for flexible schedules and variety

- Build in collaboration and co-working

- Find a mentor or accountability partner

- Keep the pace sustainable

Your venture should fit your wiring, not fight it.

[SECTION 6: Your Wiring Is Not an Excuse]

One final note: **Your wiring is not an excuse.**

Knowing you're introverted doesn't mean you never have to network.

Knowing you're guided doesn't mean you never have to make decisions.

Your wiring tells you what drains you and what energizes you. It's a map, not a prison.

Use it to design an environment that works *with* your wiring, not against it. But don't use it as an excuse to avoid growth.

[CLOSE: Call to Action]

In the next reading, you'll get the full breakdown of all 8 Builder Types with examples.

And then you'll move to **Unit 3: Mismatch Patterns**, where you'll learn how to spot environmental mismatch and avoid it in the future.

Your wiring is a tool. Use it wisely.

Let's go.

Facilitator Notes

Key Points to Emphasize:

- Axis scores matter more than the type label

- Middle scores (ambiverted) are valid and useful

- Success in mismatched environments doesn't mean they were good fits

- Wiring is a map, not an excuse

Discussion Prompts:

- "Were you surprised by any of your scores?"

- "Looking at your past environments, which were the best fits? Which were the worst?"

B-Roll Suggestions:

- On-screen display of axis scores with explanations

- Visual showing success ≠ sustainable fit

- Examples of ventures designed for different Builder Types