Unit 7: Module 1.5 Wrap & Handoff

⊙	Module	Module 1.5: Personality & Energy Profile
#	Unit Number	7
⊙	Types	Video Lesson
❶	Mandatory	☑
🗄	Archive	☐

Video Script: Module 1.5 Wrap & Handoff

Module 1.5: Personality & Energy Profile | Unit 7 | 5-7 minutes

Video Overview

Objective: Close Module 1.5 and show participants how their BPEP results set them up for success in Module 2 and beyond.

Tone: Celebratory, forward-looking, integrative.

Script

[OPEN: Direct to camera]

Congratulations. You've completed Module 1.5—the Builder Personality & Energy Profile.

You know your wiring. You know your Builder Type. You've created your Operating Rules.

And here's what that means: You now have a design specification for how you work best.

Most people go through life without ever understanding their wiring. They adapt to whatever environment they're in, even when it drains them.

You're not most people anymore.

[SECTION 1: What You've Accomplished]

Let's recap what you've done in this module:

You discovered your wiring:

- Structure: Do you need systems or flexibility?

- Stimulation: Do you need intensity or calm?

- Social Energy: Do you recharge alone or with people?

- Control: Do you need autonomy or guidance?

You identified your mismatch patterns:

- You looked back at past environments and spotted where you were chronically mismatched

- You recognized the coping mechanisms you used to survive

- You connected mismatch to burnout and relapse

You created your Operating Rules:

- You designed non-negotiable boundaries to protect your wiring

- You made a plan to enforce them without guilt

- You committed to checking every opportunity against your wiring

This is not small work. This is foundational.

[SECTION 2: How This Connects to Module 2]

You're about to move into **Module 2: Builder Identity Work.**

And everything you learned in Module 1.5 directly informs Module 2.

Here's how:

Your Builder Type shapes your Identity MVP.

- Your wiring determines what identity-aligned behaviors look like for YOU

- A Structured Sprinter builds sustainably very differently than a Fluid Steady

- Your Operating Rules become your non-negotiables in your Identity MVP

Example:

If you're an **Introverted, Autonomous** builder:

- One of your identity-aligned behaviors might be: "An introverted builder protects solo deep work time"

- One of your non-negotiables might be: "I will not stay in environments that require constant social interaction"

Your BPEP tells you what sustainable building looks like for YOUR wiring.

[SECTION 3: The Big Picture—Modules 1, 1.5, and 2]

Let's zoom out and see how Modules 1, 1.5, and 2 fit together:

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

- You learned the difference between harmonious and obsessive passion

Module 1.5: Builder Personality & Energy Profile (BPEP)

- You discovered your wiring

- You created Operating Rules to protect your wiring

- You learned to design for fit, not force

Module 2: Builder Identity Work

- You'll create your Identity MVP (informed by your BPEP)

- You'll practice builder language and affirmations

- You'll collect evidence that you're living your builder identity

Together, these three modules create the foundation:

1. **Release the old** (Module 1)

2. **Understand the machine** (Module 1.5)

3. **Build the new** (Module 2)

Without all three, the foundation cracks.

[SECTION 4: What Happens If You Ignore Your BPEP]

I need to be blunt for a second.

If you ignore your BPEP results and move forward without using them, you'll end up in mismatch again.

You'll design a venture that looks good on paper but drains you in practice.

You'll take on opportunities that don't fit because you think you "should."

You'll burn out. You'll relapse. You'll quit.

And you'll blame yourself instead of the mismatch.

Your BPEP is not a fun personality quiz. It's your design specification.

Every decision you make from this point forward should be checked against your wiring:

- Does this fit? Or does this force?

- Will this energize me? Or drain me?

- Is this aligned with my Operating Rules?

If you use your BPEP, you'll build sustainably. If you ignore it, you won't.

[SECTION 5: Your Tribe as Integration Partners]

Here's the final piece: **You can't integrate your BPEP alone.**

Your tribe's role as you move into Module 2:

- They help you apply your BPEP to real decisions

- They hold your Operating Rules when you're tempted to violate them

- They remind you to check opportunities against your wiring

When you're making a decision and you're not sure if it fits, ask your tribe:

- "I'm thinking about taking this project, but it requires constant meetings. I'm Introverted. What do you think?"

- "This opportunity has no structure. I'm Rigid. Should I walk away?"

Your tribe helps you see mismatch before you commit to it.

[SECTION 6: Moving Forward]

As you move into Module 2, bring your BPEP with you.

Remember:

- Your wiring is the foundation

- Your identity is what you build on that foundation

- Your venture (in later modules) is what you build on top of that

Use your BPEP to inform every decision. Check every opportunity against your Operating Rules. Design for fit, not force.

And bring your tribe with you. They're here to help you integrate.

[CLOSE: Call to Action]

You've completed Module 1.5. You know your wiring.

Now, as you move into Module 2:

- Use your BPEP to shape your Identity MVP

- Enforce your Operating Rules without guilt

- Check every decision against your wiring

Your wiring is your design specification. Use it.

Let's go.

Facilitator Notes

Key Points to Emphasize:

- The BPEP is your design specification for how you work best

- Ignoring your wiring leads to mismatch, burnout, and relapse

- Your BPEP directly informs your Identity MVP in Module 2

- Your tribe helps you integrate your BPEP into real decisions

Discussion Prompts:

- "What's one decision you can make differently now that you know your wiring?"

- "How will you use your BPEP results in Module 2?"

B-Roll Suggestions:

- Visual showing the progression: Module 1 (Release) → Module 1.5 (Understand) → Module 2 (Build)

- On-screen recap of key BPEP components (Structure, Stimulation, Social Energy, Control)

- Diagram showing how BPEP informs Identity MVP