Assignment: Create Your Builder Affirmations

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Assignment: Create Your Builder Affirmations

Module 2: Builder Identity Work | Unit 5.2

Assignment Overview

In this assignment, you'll create your own set of **5-7 Builder Affirmations** based on your Identity MVP.

These affirmations will become your daily practice—the tool you use to interrupt shame scripts and reinforce your builder identity.

Learning Objectives

By completing this assignment, you will:

1. Create 5-7 personalized Builder Affirmations

2. Root your affirmations in your Identity MVP

3. Practice saying your affirmations out loud

4. Commit to daily affirmation practice

Instructions

Step 1: Review Your Identity MVP

Before creating affirmations, review your Identity MVP from Unit 4:

- Your Identity Statement

- Your Core Values

- Your Identity-Aligned Behaviors

- Your Non-Negotiables

Your affirmations should align with these components.

Step 2: Identify Your Top 3 Shame Scripts

List the 3 shame scripts you hear most often in your head.

Example:

1. "I always screw things up."

2. "I'm too broken to build something that matters."

3. "I can't stick with anything."

Step 3: Create Builder Affirmations to Counter Each Shame Script

For each shame script, create a builder affirmation that directly counters it.

Use these rules:

- Present tense ("I am," not "I will be")

- Identity-based (who you are, not what you achieve)

- Grounded in your Identity MVP

Example:

Shame script: "I always screw things up."

Builder affirmation: "I'm learning what works for me. I adjust as I go."

Shame script: "I'm too broken to build something that matters."

Builder affirmation: "I'm a cycle-breaker building something aligned with my wiring."

Shame script: "I can't stick with anything."

Builder affirmation: "I show up consistently, even when it's hard."

Step 4: Add 2-4 More Affirmations Based on Your Identity MVP

Create additional affirmations based on:

- Your Core Values

- Your Identity-Aligned Behaviors

- Your Builder Type (from Module 1.5)

Examples:

From Core Values:

- "I prioritize progress over perfection"

- "I design for fit, not force"

- "I speak with dignity, even when it's hard"

From Identity-Aligned Behaviors:

- "I ask for help when I need it"

- "I redirect shame language when I hear it"

- "I show up for my tribe, and my tribe shows up for me"

From Builder Type:

- (Structured Sprinter) "I build clear systems before adding intensity"

- (Introverted) "I protect my solo deep work time"

- (Autonomous) "I own my decisions without second-guessing"

Step 5: Compile Your Final List (5-7 Affirmations)

Write out your final list of 5-7 Builder Affirmations.

Keep them:

- Short (one sentence each)

- Clear and specific

- Rooted in your Identity MVP

Submission Requirements

Submit the following:

1. **Your 5-7 Builder Affirmations** (numbered list)

2. **Practice Reflection** (200-300 words):

   - Say your affirmations out loud 3 times before writing this reflection

   - Which affirmation feels most important right now?

   - Which affirmation feels hardest to believe?

   - How did it feel to say them out loud?

Format: PDF, Google Doc, or Notion page

Grading/Feedback Criteria

You'll receive feedback on:

- **Alignment:** Do your affirmations align with your Identity MVP?

- **Specificity:** Are they specific and grounded (not vague or aspirational)?

- **Counter-Shame:** Do they directly counter your shame scripts?

Daily Practice Commitment

After submitting this assignment, commit to practicing your affirmations daily:

Morning: Read or recite out loud (3-5 min)

Throughout the day: Use them to redirect shame scripts

Evening: Review and log evidence (2-3 min)

Keep your affirmations:

- On your phone (screenshot or note app)

- In a notebook

- On your bathroom mirror

- Wherever you'll see them every day

Example Submission

My Builder Affirmations

1. I am a cycle-breaker who redirects obsession into fuel

2. I'm learning what works for me. I adjust as I go.

3. I show up consistently, even when it's hard

4. I prioritize progress over perfection

5. I ask for help when I need it

6. I protect my solo deep work time (I'm Introverted)

7. My past is expertise, not shame

Practice Reflection

I said my affirmations out loud 3 times. At first it felt awkward and forced. By the third time, they started to feel more natural.

The affirmation that feels most important right now is "I show up consistently, even when it's hard." That's the behavior I'm trying to build right now.

The affirmation that feels hardest to believe is "My past is expertise, not shame." I know intellectually that's true, but I still feel shame when I think about my past. I'm going to need to practice this one a lot.

Saying them out loud felt vulnerable but powerful. It made them real in a way that just thinking them doesn't.

Why This Matters

Your brain believes what you tell it repeatedly.

By practicing these affirmations daily, you're reprogramming your Reticular Activating System to default to builder language instead of shame language.

This is how transformation happens—one affirmation, one redirect, one day at a time.

💬 **Builder Reminder:** These affirmations are version 1.0. As you collect evidence and your identity evolves, you can update them. Revisit them every few months.