

Quiz: Module 2 Knowledge Check

⌚ Module	Module 2: Builder Identity Work
# Unit Number	6.1
⌚ Types	Quiz
⌚ Mandatory	<input checked="" type="checkbox"/>
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Quiz: Module 2 Knowledge Check

Module 2: Builder Identity Work | Unit 6.1

Quiz Overview

This knowledge check ensures you've mastered the core concepts from Module 2: Builder Identity Work.

Answer all questions to the best of your ability. This is not a pass/fail quiz—it's a tool to help you identify areas where you might need to review.

Instructions

- **10 questions total**
 - **Multiple choice** and **short answer**
 - **Open book:** You can reference your materials
 - **Time limit:** 30 minutes (suggested)
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Questions

Question 1: Builder Language (Multiple Choice)

Which of the following is an example of builder language?

- A) "I'm such a mess."
- B) "I'm rebuilding. It's messy because I'm in the middle of it."
- C) "I always screw things up."
- D) "I'm too broken to succeed."

Answer: _____

Question 2: Shame Loop (Short Answer)

Describe the shame loop in 2-3 sentences. Include all four components.

Answer:

Question 3: Identity MVP Components (Multiple Choice)

Which of the following is NOT a component of the Identity MVP?

- A) Identity Statement
- B) Core Values
- C) Monthly Revenue Goals
- D) Non-Negotiables
- E) Evidence Tracker

Answer: _____

Question 4: Affirmations (True/False)

True or False: Builder Affirmations should be future-tense and outcome-based (e.g., "I will be successful someday").

Answer: _____

Explain why: _____

Question 5: Builder's Code (Short Answer)

Name at least 3 agreements from the Builder's Code.

1.

2.

3.

Question 6: Tribe Roles (Multiple Choice)

In Module 2, what is the primary role of your tribe?

- A) Fix your problems
- B) Give you business advice
- C) Co-validate your identity and redirect shame language
- D) Compete with you

Answer: __

Question 7: Language Inventory (Short Answer)

What are shame scripts? Give 2 examples.

Definition: __

Examples:

1.

2.

Question 8: Identity Follows Behavior (True/False)

True or False: You should wait until you've proven yourself before claiming your builder identity.

Answer: __

Explain why: __

Question 9: Evidence Collection (Short Answer)

Why is collecting evidence important for your Identity MVP? Answer in 2-3 sentences.

Answer:

Question 10: Application (Short Answer)

You hear someone in your tribe say: "I'm such a disaster. I can't do anything right."

What do you do? Write out what you would say.

Answer:

Answer Key (For Facilitators)

Question 1: B

Explanation: Builder language is dignified, specific, and acknowledges the process. "I'm rebuilding. It's messy because I'm in the middle of it" is builder language.

Question 2: Sample Answer

The shame loop has four components: Script → Behavior → Confirmation → Script. A shame script leads to behavior that confirms the script, which reinforces the shame loop. Example: "I always screw up" → don't prepare → screw up → "See? I told you."

Question 3: C

Explanation: Monthly revenue goals are outcome-based, not identity-based. Identity MVP focuses on identity, not outcomes.

Question 4: False

Explanation: Builder Affirmations should be present-tense and identity-based (who you are), not future-tense and outcome-based (what you will achieve).

Question 5: Sample Answers

1. No shame, ever
2. Builders help builders up
3. Progress over perfection
4. We stay in builder language
5. What's shared here stays here

Question 6: C

Explanation: The tribe's role is to co-validate your identity, redirect shame language, and hold you accountable to builder language.

Question 7: Sample Answer

Shame scripts are the self-critical narratives you tell yourself that reinforce a shame-based identity. Examples: "I'm a mess," "I always screw things up," "I'm too broken to build something that matters."

Question 8: False

Explanation: Identity leads behavior, not the other way around. You don't wait to "earn" the builder identity—you claim it, practice it, and collect evidence that you're living it.

Question 9: Sample Answer

Collecting evidence is important because it makes your Identity MVP real. Your brain needs proof that you're living the identity. Evidence solidifies the identity and interrupts the shame loop by showing concrete examples of builder behavior.

Question 10: Sample Answer

"Hey, I heard a shame script. Can you reframe that? What would builder language sound like?" OR "That sounded like shame language. What's actually happening here?" (The key is to redirect gently and ask them to reframe, not to fix or shame them for using shame language.)

Scoring

Give yourself 1 point for each correct answer.

8-10 points: You've mastered the Module 2 concepts. Great work!

5-7 points: You understand most concepts. Review areas where you missed questions.

0-4 points: Revisit the Module 2 materials and retake the quiz.



Builder Reminder: This quiz is a learning tool, not a judgment. If you missed questions, that's data—go back and review those sections.