

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

⌚ Module	Module 1.5: Personality & Energy Profile
# Unit Number	5.1
⌚ Types	Video Lesson
⌚ Mandatory	<input checked="" type="checkbox"/>
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Video Script: How This Follows You

Module 1.5: Personality & Energy Profile | Unit 5.1 | 5-7 minutes

Video Overview

Objective: Show participants how their BPEP results integrate with the rest of the program and follow them through every module.

Tone: Forward-looking, integrative, practical.

Script

[OPEN: Direct to camera]

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

You know your wiring. You've created your Operating Rules. You've spotted your mismatch patterns.

But here's what I need you to understand: **This doesn't stop here.**

Your BPEP results aren't just for Module 1.5. They're the foundation for everything that comes next.

Your wiring follows you through every module, every decision, every stage of building.

Let me show you how.

[SECTION 1: How BPEP Integrates with Module 2]

In **Module 2: Builder Identity Work**, you're going to create your Identity MVP.

And your BPEP directly informs that Identity MVP.

Here's how:

Your wiring shapes your identity-aligned behaviors.

Example:

- If you're a **Structured Sprinter**, one of your behaviors might be: "A Structured Sprinter builds systems before adding intensity."
- If you're **Introverted**, one of your behaviors might be: "An introverted builder protects solo deep work time."

Your Operating Rules become your non-negotiables.

The boundaries you created in this module? Those go directly into your Identity MVP as the non-negotiables you will not cross.

Your Builder Type determines what "sustainable building" looks like for you.

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

Your BPEP tells you what sustainable looks like FOR YOU.

[SECTION 2: How BPEP Shapes Your Venture Design (Module 3 & 4)]

In **Module 3: Finding Your Why** and **Module 4: MVP Design**, you're going to design your venture.

And your wiring will shape:

What problems 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

How you design and build your MVP:

- 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 process
- Guided builders need a mentor or framework to structure the work

Your wiring isn't a limitation. It's a design specification.

[SECTION 3: How BPEP Informs Financial Decisions (Module 5)]

In **Module 5: Financial Foundations**, you're going to learn how to manage money as a builder.

And your wiring shapes how you relate to money:

- **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 (and need guardrails)
- **Low-Stim builders** prefer conservative, steady financial strategies

Your BPEP helps you design financial practices that fit your wiring, not fight it.

[SECTION 4: How BPEP Guides Team Building (Module 6)]

In **Module 6: Building Your Team**, you're going to learn how to grow beyond solo.

And your wiring determines who you need on your team:

- **Introverted builders** might hire for client-facing roles (so they can stay behind the scenes)

- **Extroverted builders** might hire for backend, solo work (so they can focus on people)
- **Autonomous builders** need team members who can execute independently
- **Guided builders** need advisors or mentors to provide structure

Your BPEP tells you what roles to hire for, not just what skills you need.

[SECTION 5: How BPEP Evolves with You]

Here's the important part: **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.

Your BPEP is a living tool, not a one-time assessment.

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.

[SECTION 6: What Happens If You Ignore Your Wiring]

Let me be blunt: **If you ignore your BPEP results, 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.

This is why the BPEP matters. This is why it follows you.

Every time you make a decision—about your venture, your team, your schedule, your finances—**you check it against your wiring.**

Does this fit? Or does this force?

[SECTION 7: Your Tribe as Integration Partners]

Here's the final piece: **Your tribe helps you apply your BPEP results.**

When you're making a decision and you're not sure if it fits your wiring, you 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.

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

They're your integration partners.

[CLOSE: Call to Action]

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

Now, as you move into Module 2, remember:

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

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.

Let's go.

Facilitator Notes

Key Points to Emphasize:

- The BPEP follows you through every module
- Your wiring informs identity, venture design, finances, and team building

- The BPEP is a living tool—revisit it every 6-12 months
- Your tribe helps you apply your BPEP results in real decisions

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?"

B-Roll Suggestions:

- Visual showing the integration map (how BPEP flows through Modules 2-6)
- On-screen examples of wiring informing decisions
- Diagram showing BPEP as a living tool (revisit every 6-12 months)