

Unit 6: Module 2 Assessment & Integration

≡ Components	Assessment/Quiz Discussion Forum Written Assignment
≡ Duration	20 min
≡ Notes	Knowledge Check quiz (10 questions, 80% pass), Identity Integration Plan (1-week action plan), accountability partners
✓ SOU Evidence	<input checked="" type="checkbox"/>
⌚ Section	Module 2
⌘ Status	Not Started
≡ Subsection	Completion

Overview

Duration: 25 minutes

Components: Assessment/Quiz, Written Assignment, Discussion Forum

This unit assesses Module 2 comprehension and creates a 1-week integration plan.

Learning Objectives

- Demonstrate understanding of Module 2 concepts
- Create a 1-week action plan for practicing builder identity
- Establish accountability partnerships

Knowledge Check Quiz

10 Questions | 80% required to pass | Unlimited attempts

Sample Questions:

1. What is the difference between shame words and builder words?
 2. What makes an affirmation "grounded truth" vs. "toxic positivity"?
 3. What are the three sections of the Identity MVP One-Pager?
 4. What is the 3-step enforcement ladder for the Builder's Code?
 5. How does language impact nervous system state (according to Porges)?
 6. What does it mean to treat identity as "iterative, not fixed"?
 7. What is a shame script and how does it become self-fulfilling?
 8. Why do we set KPIs for identity transformation?
 9. What is the purpose of the Builder's Code?
 10. How should affirmation practice differ by Builder Type?
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Final Assignment: Identity Integration Plan

Create a 1-week action plan for practicing your new builder identity.

Answer These Questions:

- 1. What's one "builder word" you'll use this week when talking about yourself?**
- 2. When will you practice your affirmations daily?**
- 3. What situation this week might trigger old shame scripts? How will you respond differently?**
- 4. Who can support your new identity?**

(Accountability partner, cohort member, friend)

- 5. How will you celebrate small wins?**
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Discussion Forum: Accountability Partnerships

Part 1: Post your 1-week commitment

Part 2: Offer to be an accountability partner for at least 1 other person

Part 3: Check in mid-week with updates

Instructions:

- Share your commitment
 - Tag your accountability partner
 - Plan a mid-week check-in
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Module 2 Completion

Certificate unlocked when:

- ✓ Knowledge Check quiz passed (80%+)
 - ✓ Identity Integration Plan submitted
 - ✓ Accountability partnership established
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What's Next: Module 3

Module 3: Energy, Frequency & Inner Strategy

You've built an identity. Now you need the nervous system regulation to sustain it.

In Module 3, you'll:

- Learn heart coherence practices
- Practice RAIN method and Five Hindrances
- Build a Regulation Buddy System with opposite types
- Create your Builder Operating Agreement
- Pass the Builder Readiness Gate before Module 4

Preview question:

"What happens to your builder identity when your nervous system is dysregulated?"