

BPEP Assessment - The 35 Questions

⌚ Module	Module 1.5: Personality & Energy Profile
# Unit Number	1.3
⌚ Types	Assessment
⌚ Mandatory	<input checked="" type="checkbox"/>
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BPEP Assessment - The 35 Questions

Module 1.5: Personality & Energy Profile | Unit 1.3

Assessment Overview

This is the **Builder Personality & Energy Profile (BPEP)** assessment. It consists of 35 questions that will map your wiring across four core axes:

1. **Structure** (Rigid ↔ Fluid)
2. **Stimulation** (High ↔ Low)
3. **Social Energy** (Introverted ↔ Extroverted)
4. **Control** (Autonomous ↔ Guided)

Your results will give you a **Builder Type**—one of 8 types based on your axis scores.

Before You Begin: Important Instructions

1. Answer Honestly, Not Aspirationally

Don't answer based on who you wish you were. Answer based on how you actually function—your natural preferences when you're not masking or forcing yourself to fit.

2. Context Matters

If you've only ever been in mismatched environments, it might be hard to know your true wiring. Think about moments when you felt most like yourself—most at ease, most energized, most authentic. Answer based on *that* version of you.

3. There Are No Right or Wrong Answers

This isn't a test you can pass or fail. There's no "good" or "bad" score. The goal is to map your wiring so you can design for fit.

4. If You're Unsure, Go With Your Gut

Don't overthink. Your first instinct is usually the most accurate.

The 35 Questions

For each statement, rate how much you agree:

- **1** = Strongly Disagree
 - **2** = Disagree
 - **3** = Neutral / Depends
 - **4** = Agree
 - **5** = Strongly Agree
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Structure Axis (Questions 1-9)

1. I function best when I have a clear routine and schedule for my day.
2. Last-minute changes to plans stress me out.
3. I prefer to have systems and processes in place rather than figuring things out as I go.
4. I like knowing what's coming next—surprises make me anxious.

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5. When things are chaotic or unstructured, I feel destabilized.
 6. I thrive when I can be spontaneous and adapt on the fly.
 7. Rigid schedules and routines feel suffocating to me.
 8. I prefer flexibility over predictability.
 9. I get bored when every day follows the same structure.
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Stimulation Axis (Questions 10-18)

1. I need intensity and urgency to feel engaged in my work.
 2. I thrive when I have multiple projects happening at once.
 3. Slow, predictable work makes me restless and bored.
 4. I light up when there's a crisis to solve or a tight deadline.
 5. I get my best work done under pressure.
 6. I prefer calm, focused work over high-intensity environments.
 7. Constant urgency and crisis mode burns me out quickly.
 8. I function best when I can focus deeply on one thing at a time.
 9. Too much stimulation overwhelms me—I need calm to think clearly.
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Social Energy Axis (Questions 19-27)

1. I recharge by spending time alone.
2. Even when I enjoy socializing, it drains my energy.
3. After a day of meetings or social interaction, I need solitude to recover.
4. I think best when I have quiet, uninterrupted time to myself.
5. Too much "people time" exhausts me.
6. I recharge by being around people and engaging in conversation.
7. Isolation or working alone all day makes me feel lonely and deflated.
8. I think best when I can talk things through out loud with others.

9. I need regular social interaction to feel energized and motivated.

Control Axis (Questions 28-35)

1. I need to be the one making the decisions—being told what to do feels stifling.
 2. I thrive when I have full autonomy and control over my path.
 3. When someone tries to direct or manage me, I resist or disengage.
 4. I prefer to lead rather than follow.
 5. I function best when I have a mentor or clear direction from someone else.
 6. Too much autonomy with no guidance feels overwhelming.
 7. I thrive when I have external accountability and structure.
 8. I prefer collaborating with someone who sets the vision while I execute.
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Scoring Instructions

Step 1: Calculate Your Axis Scores

Structure Score:

- Add up your scores for Questions 1, 2, 3, 4, 5
- Add up your scores for Questions 6, 7, 8, 9 and subtract from 20
- Total these two numbers = Your Structure Score (out of 45)
- **Lower score** = Fluid | **Higher score** = Rigid

Stimulation Score:

- Add up your scores for Questions 10, 11, 12, 13, 14
- Add up your scores for Questions 15, 16, 17, 18 and subtract from 20
- Total these two numbers = Your Stimulation Score (out of 45)
- **Lower score** = Low-Stimulation | **Higher score** = High-Stimulation

Social Energy Score:

- Add up your scores for Questions 19, 20, 21, 22, 23

- Add up your scores for Questions 24, 25, 26, 27 and subtract from 20
- Total these two numbers = Your Social Energy Score (out of 45)
- **Lower score** = Introverted | **Higher score** = Extroverted

Control Score:

- Add up your scores for Questions 28, 29, 30, 31
 - Add up your scores for Questions 32, 33, 34, 35 and subtract from 20
 - Total these two numbers = Your Control Score (out of 40)
 - **Lower score** = Guided | **Higher score** = Autonomous
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Submission

Option 1: Google Form Submission

[INSERT GOOGLE FORM LINK HERE]

Submit your 35 responses via the Google Form. You'll receive an email with your Builder Type and axis scores within 24 hours.

Option 2: Manual Scoring

Calculate your scores using the instructions above and record them for the next unit.

What's Next

Once you have your Builder Type and axis scores, move to:

- **Unit 2: Your Builder Type Breakdown** (full profile interpretation)
 - **Unit 3: Mismatch Patterns** (learning to spot environmental mismatch)
 - **Unit 4: Building Your Operating Rules** (designing for fit)
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Builder Reminder: If your results surprise you or don't feel like they fit, that's okay. This is a starting point, not a final verdict. Bring your questions to the discussion forum—your tribe can help you make sense of it.