WORKSHEET: Builder Operating Rules

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Builder Operating Rules Worksheet

> 🎯 **Purpose:** Create a personalized manual for how you **actually** function best—not aspirational, but sustainable.
> These rules are your non-negotiable conditions for staying functional. They are not preferences—they are requirements.

Instructions

Answer each question based on your **actual** operating system, not how you think you *should* work.

Be honest. Be specific. This is **failure prevention**.

Part 1: My Optimal Conditions

1. I function best when I have:

Think about the conditions under which you do your best work. Consider structure, stimulation, social energy, and control.

Structure? (Clear plans, routines, expectations OR Flexibility, autonomy, room to improvise)

Response:

Stimulation? (High intensity, variety, fast pace OR Calm, predictability, slower pace)

Response:

Social Energy? (Collaboration, co-working, verbal processing OR Solo time, minimal interruptions, independent work)

Response:

Control/Flexibility? (Planning ahead, reducing variables OR Adapting in the moment, staying loose)

Response:

Part 2: My Breaking Points

2. I start to spiral when:

What conditions consistently break you? Be specific about the physical, emotional, or environmental triggers.

Response:

Part 3: My Non-Negotiables

3. One condition I MUST protect while building:

What's non-negotiable for you to stay functional? What boundary will you hold, even when it's inconvenient?

Response:

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4. One thing I'm done forcing myself to do:

What "best practice" have you been trying to adopt that fights your wiring? What are you ready to stop forcing?

Response:

Part 4: My Boundaries

5. One boundary I will hold:

What will you say no to, even if others think you "should"? How will you communicate this boundary?

Response:

Part 5: My Early Warning System

6. How I'll know I'm in the wrong system:

What are your early warning signs of mismatch? Include physical, emotional, and behavioral indicators.

Physical signs: (fatigue, tension, sleep disruption, etc.)

Response:

Emotional signs: (anxiety, irritability, numbness, disconnection, etc.)

Response:

Behavioral signs: (avoidance, overworking, isolating, impulsivity, etc.)

Response:

Part 6: My Operating Rules Summary

Write your core operating rules as clear, declarative statements:

Example from an Operator:

> "I need structure AND intensity. I cannot do unstructured high-pressure or structured low-energy. I start to spiral when there is chaos without clarity."

Example from a Lone Wolf:

> "I need significant solo time to recharge and think. I cannot do constant collaboration or open-office environments. I start to spiral when my schedule is filled with too many meetings and interruptions."

Example from a Firestarter:

> "I need variety and autonomy. I cannot do the same task for more than 90 minutes. I start to spiral when a routine gets too rigid or the pace slows down."

My Core Operating Rules:

Rule 1:

Rule 2:

Rule 3:

Rule 4:

Rule 5:

Part 7: Commitment

🔥 **Remember:** These rules are not optional.
These are the conditions under which you don't break.
Protecting them is not selfishness—it's sustainability.

My Commitment:

Complete this sentence:

I commit to honoring my operating rules by…

Using Your Operating Rules

In Module 2 (Builder Identity):

Your identity language must align with your wiring. Don't build an aspirational identity that fights your engine.

In Module 3 (Energy & Regulation):

Choose regulation tools that match your Builder Type. High-stimulation types need movement; high-structure types need routines.

In Module 4 (Entrepreneurship):

Filter business ideas through your personality fit. A Firestarter shouldn't build a process-heavy operations role.

In Module 5 (Peer Leadership):

Choose peer roles that honor your strengths. External Processors facilitate; Internal Processors build systems.

Save this worksheet. Revisit it regularly. Your operating rules are the foundation for everything that comes next.