

Assignment: My Path Forward

⌚ Module	Module 1.5: Personality & Energy Profile
# Unit Number	5.2
⌚ Types	Assignment
⌚ Mandatory	<input checked="" type="checkbox"/>
📁 Archive	<input type="checkbox"/>

Assignment: My Path Forward

Module 1.5: Personality & Energy Profile | Unit 5.2

Assignment Overview

You've completed the Builder Personality & Energy Profile. You know your wiring. You've created your Operating Rules.

Now it's time to create **your path forward**—a concrete plan for how you'll use your BPEP results to design your next steps.

Learning Objectives

By completing this assignment, you will:

1. Synthesize your BPEP learnings into a clear action plan
 2. Identify one immediate change you can make based on your wiring
 3. Create a decision-making framework for future choices
 4. Share your path forward with your tribe
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Instructions

Part 1: My Builder Type Summary (5 minutes)

Write a 3-4 sentence summary of your Builder Type and what it means.

Include:

- Your four axis scores (Structure, Stimulation, Social Energy, Control)
- Your primary type (e.g., Structured Sprinter, Fluid Steady)
- What this means about how you're wired

Example:

"I'm a Fluid Sprinter (Introverted, Autonomous). I scored 18 on Structure (Fluid), 38 on Stimulation (High), 15 on Social Energy (Introverted), and 32 on Control (Autonomous). This means I need intensity and flexibility, but I recharge alone and need full control over my path. Rigid systems or high social demands drain me fast."

Part 2: Mismatch Patterns from My Past (10 minutes)

List 2-3 past environments where you experienced chronic mismatch.

For each environment, answer:

1. Which axes were mismatched?
2. What coping mechanisms did you use?
3. What was the outcome?

Example:

Environment: Sales job (2019-2020)

Mismatched axes: Social Energy (required constant meetings), Control (micromanaged)

Coping mechanisms: Started avoiding social events outside of work, isolated

Outcome: Burned out after 8 months, quit without another job lined up

Part 3: My Operating Rules (5 minutes)

List your top 3-5 Operating Rules (from your worksheet in Unit 4.2).

These are your non-negotiables going forward.

Example:

1. I will protect 2 hours of solo deep work every morning (Introverted)
 2. I will not take on low-stakes, repetitive work (High-Stim)
 3. I will not commit to fixed schedules that can't be adjusted (Fluid)
 4. I will not stay in environments where I'm micromanaged (Autonomous)
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Part 4: One Immediate Change (10 minutes)

Based on your BPEP results, what's ONE immediate change you can make to better fit your wiring?

This should be:

- Specific and actionable
- Something you can do this week
- Based on one of your Operating Rules

Examples:

- "I'm going to stop scheduling meetings before 11am to protect my solo work time"
- "I'm going to say no to the project with no clear deadline (I'm Rigid)"
- "I'm going to find a co-working space so I'm not working alone all day (I'm Extroverted)"

Write:

My immediate change:

Why this matters for my wiring:

How I'll implement it this week:

Part 5: Future Decision-Making Framework (15 minutes)

Create a simple framework for checking future decisions against your wiring.

For any opportunity (job, project, partnership, venture), ask:

1. **Structure:** Does this have the right level of structure/flexibility for my wiring?
2. **Stimulation:** Does this have the right level of intensity/calm for my wiring?
3. **Social Energy:** Does this have the right level of social interaction for my wiring?
4. **Control:** Does this give me the right level of autonomy/guidance for my wiring?

If 3+ axes are mismatched, walk away.

If 1-2 axes are mismatched, negotiate adjustments.

If all 4 axes match, this is a green light.

Write out your personal framework:

My Decision-Making Framework:

Before I commit to any opportunity, I will ask:

1. (Structure) _
2. (Stimulation) _
3. (Social Energy) _
4. (Control) _

If 3+ axes are mismatched, I will _

Part 6: Integration with Module 2 (10 minutes)

How will you use your BPEP results in Module 2 (Builder Identity Work)?

Answer:

1. **What identity-aligned behaviors will be shaped by your Builder Type?**
 - Example: "As a Structured Sprinter, I will build systems before adding intensity"
2. **What non-negotiables from your Operating Rules will go into your Identity MVP?**
 - Example: "I will protect solo deep work time (Introverted)"

3. What does sustainable building look like for YOUR Builder Type?

- Example: "Sustainable building for a Fluid Steady means working flexibly at a calm pace, with variety but no urgency"
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Submission Requirements

Submit the following:

- 1. My Builder Type Summary**
- 2. Mismatch Patterns from My Past** (2-3 environments)
- 3. My Operating Rules** (top 3-5)
- 4. One Immediate Change** (specific action + implementation plan)
- 5. Future Decision-Making Framework**
- 6. Integration with Module 2**

Format: PDF, Google Doc, or Notion page

Grading/Feedback Criteria

You'll receive feedback on:

- **Specificity:** Is your immediate change concrete and actionable?
 - **Integration:** Does your decision-making framework clearly check all four axes?
 - **Application:** Have you connected your BPEP to Module 2 effectively?
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Why This Matters

Your BPEP is only useful if you actually use it.

This assignment ensures you're not just learning about your wiring—you're actively designing your path forward based on it.

From this point on, every decision you make should be checked against your wiring:

- Does this fit? Or does this force?
- Will this energize me? Or drain me?
- Is this aligned with my Operating Rules?

Your wiring is your design specification. Use it.



Builder Reminder: Your path forward isn't set in stone. As you grow and your wiring evolves, you can adjust. But start with this foundation—design for fit, not force.