Assignment: Profile Reflection

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Assignment: Profile Reflection

Module 1.5: Personality & Energy Profile │ Unit 2.3

Assignment Overview

You've taken the BPEP, received your Builder Type, and read the full profiles. Now it's time to reflect on what your wiring means for your past, present, and future.

This assignment helps you connect your BPEP results to real patterns in your life—and start designing for fit.

Learning Objectives

By completing this assignment, you will:

1. Analyze past environments through the lens of your wiring

2. Identify specific mismatch patterns that led to burnout or relapse

3. Articulate your core needs based on your Builder Type

4. Begin designing your venture/environment for fit

Instructions

Part 1: Your Builder Type Summary (10 minutes)

Write a short summary of your Builder Type and what it means.

Include:

1. Your axis scores (Structure, Stimulation, Social Energy, Control)

2. Your primary type (e.g., Structured Sprinter, Fluid Steady)

3. Your sub-type (e.g., Introverted + Autonomous)

4. In 2-3 sentences, describe 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: Past Environment Analysis (30 minutes)

Look at your past 3-5 jobs, programs, or major environments. For each one, analyze the fit across all four axes.

For each environment, answer:

1. **Structure:** Was it rigid (clear systems, routines) or fluid (flexible, unstructured)?

2. **Stimulation:** Was it high-intensity (fast-paced, urgent) or low-stimulation (calm, steady)?

3. **Social Energy:** Was it highly social (meetings, collaboration) or solitary (solo work)?

4. **Control:** Was it autonomous (you led) or guided (clear direction from others)?

5. **Match or mismatch?** How many axes matched your wiring? How many were mismatched?

6. **Outcome:** What happened? Did you thrive, burn out, relapse, quit, or get fired?

Create a table like this:

Environment	Structure	Stimulation	Social	Control	Match/Mismatch	Outcome
Job 1: Restaurant Manager	Fluid (chaos)	High	Extroverted	Guided	1/4 match	Burned out, relapsed
Job 2: Warehouse	Rigid	Low	Introverted	Guided	3/4 match	Thrived for 2 years

Part 3: Mismatch Pattern Analysis (20 minutes)

Now that you've analyzed your past environments, look for patterns.

Answer these questions:

1. **Which axis has been the biggest source of mismatch for you?**

   - Example: "I keep ending up in rigid, structured environments, but I need flexibility. Every time I've been in rigid systems, I've felt trapped and eventually quit or self-sabotaged."

2. **What coping mechanisms did you use in mismatched environments?**

   - Example: "When I was in low-stimulation jobs, I started using substances to create the intensity I was missing."

3. **What would have made those environments more bearable?**

   - Example: "If I'd had more autonomy in my last job, I could have tolerated the high social demands."

Part 4: Core Needs Statement (15 minutes)

Based on your Builder Type, write a **Core Needs Statement**—a clear articulation of what you need in an environment to thrive.

Format:

"In order to thrive, I need..."

Example 1 (Structured Sprinter, Introverted, Autonomous):

"In order to thrive, I need clear systems and high intensity, but I need to work alone and own my decisions. I need sprint cycles with tight deadlines, clear metrics, and minimal meetings. I need structure that enables speed, not bureaucracy."

Example 2 (Fluid Steady, Extroverted, Guided):

"In order to thrive, I need flexibility and calm, but I need collaboration and clear direction. I need a mentor or accountability partner, co-working space, and the freedom to adjust my schedule. I need variety without urgency, and people without pressure."

Part 5: Design for Fit (30 minutes)

Now, apply your Core Needs Statement to your current or future venture.

Answer these questions:

1. **What does your venture need to look like to fit your wiring?**
   - Be specific. Describe the day-to-day structure, pace, social interaction, and decision-making.

2. **What are you currently doing that mismatches your wiring?**
   - Example: "I'm trying to force myself into a 9-to-5 schedule, but I'm Fluid. I need to let myself work when I'm energized."

3. **What's one design change you can make this week to better fit your wiring?**
   - Example: "I'm going to stop scheduling morning meetings. I'm introverted and need that time for solo deep work."

Submission Requirements

Submit the following:

1. **Your Builder Type Summary** (with axis scores and description)
2. **Past Environment Analysis** (table with 3-5 environments)
3. **Mismatch Pattern Analysis** (answers to the 3 questions)
4. **Core Needs Statement** (1 paragraph)
5. **Design for Fit** (answers to the 3 questions)

Format: Submit as a Google Doc, PDF, or Notion page.

Grading/Feedback Criteria

You'll receive feedback on:

- **Depth of analysis:** Did you engage deeply with your past patterns, or stay surface-level?
- **Clarity of needs:** Is your Core Needs Statement specific and actionable?
- **Design application:** Are your design changes concrete and aligned with your wiring?

Common Challenges

"I don't have 3-5 past environments to analyze."

If you're early in your career or have been in survival mode, analyze any environments: volunteer work, side projects, school, even family dynamics. The goal is to spot patterns.

"All my past environments were mismatched. Does that mean I'll never find a fit?"

No. It means you've been operating in narrow types of environments (often dictated by necessity, not choice). Now that you know your wiring, you can design differently.

"I can't afford to design for fit right now. I have to take what I can get."

Start small. Even tiny design changes can help. If you're introverted, protect one hour of solo time per day. If you're high-stimulation, add one high-stakes project. Small fits add up.

Why This Matters

You can't build sustainably if your environment drains you.

This assignment is about connecting your BPEP results to real life—and using that insight to design differently going forward.

Your wiring is not a limitation. It's a design specification.

> 🏗️ **Builder Reminder:** If past mismatch patterns bring up shame or regret, remember: you didn't know what you know now. You were doing your best with the information you had. Now you have a map. Use it.

What's Next

After completing this assignment, you'll move to:

- **Unit 3: Mismatch Patterns** (video on how to spot and avoid environmental mismatch)
- **Unit 4: Building Your Operating Rules** (creating your own non-negotiables)