Worksheet: Builder Operating Rules

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Worksheet: Builder Operating Rules

Module 1.5: Personality & Energy Profile | Unit 4.2

Worksheet Overview

This worksheet helps you design your **Operating Rules**—the non-negotiable boundaries that protect your wiring and enable sustainable building.

Use this to create clear rules for each of the four axes of your Builder Type.

Instructions

Work through each section below to create your Operating Rules. Be specific and honest.

Part 1: Your Builder Type Summary

Reminder of your Builder Type:

- **Structure Score:** ___ (Rigid / Middle / Fluid)

- **Stimulation Score:** ___ (High / Middle / Low)

- **Social Energy Score:** ___ (Introverted / Middle / Extroverted)
- **Control Score:** ___ (Autonomous / Middle / Guided)

Your Builder Type: ___

Part 2: Structure Operating Rules

Your Structure wiring: ☐ Rigid ☐ Middle ☐ Fluid

What does your wiring need?

If Rigid:

- Clear systems, routines, and predictability
- Defined processes and milestones
- Structure that enables action

If Fluid:

- Flexibility and spontaneity
- Freedom to adjust on the fly
- Minimal rigid routines

Create 2-3 Structure Operating Rules:

Rule 1: I will _

Rule 2: I will _

Rule 3: I will _

Examples:

- (Rigid) "I will not take on projects without clear deadlines and milestones"
- (Fluid) "I will not commit to fixed schedules that can't be adjusted"

Part 3: Stimulation Operating Rules

Your Stimulation wiring: ☐ High ☐ Middle ☐ Low

What does your wiring need?

If High-Stim:

- Intensity, variety, urgency

- Multiple projects or tight deadlines

- High-stakes work

If Low-Stim:

- Calm, steady pace

- Deep focus without pressure

- Sustainable, low-urgency work

Create 2-3 Stimulation Operating Rules:

Rule 1: I will _

Rule 2: I will _

Rule 3: I will _

Examples:

- (High-Stim) "I will not work in low-stakes, repetitive environments"

- (Low-Stim) "I will not take on high-pressure, crisis-mode work"

Part 4: Social Energy Operating Rules

Your Social Energy wiring: ☐ Introverted ☐ Middle ☐ Extroverted

What does your wiring need?

If Introverted:

- Solo deep work time

- Minimal meetings and social demands

- Time alone to recharge

If Extroverted:

- Regular social interaction

- Collaboration and co-working

- People-facing work

Create 2-3 Social Energy Operating Rules:

Rule 1: I will _

Rule 2: I will _

Rule 3: I will _

Examples:

- (Introverted) "I will protect 2 hours of solo deep work every morning"
- (Extroverted) "I will not work alone all day—I need co-working or collaboration"

Part 5: Control Operating Rules

Your Control wiring: ☐ Autonomous ☐ Middle ☐ Guided

What does your wiring need?

If Autonomous:

- Full control over decisions
- Minimal micromanagement
- Freedom to lead and own your path

If Guided:

- Clear direction and frameworks
- Mentorship or accountability
- External structure and feedback

Create 2-3 Control Operating Rules:

Rule 1: I will _

Rule 2: I will _

Rule 3: I will _

Examples:

- (Autonomous) "I will not stay in environments where I'm micromanaged"
- (Guided) "I will find a mentor or accountability partner for major decisions"

Part 6: Your Complete Operating Rules Summary

Compile your rules into a single list (8-12 total rules across all four axes):

My Builder Operating Rules

Structure:

1.
2.
3.

Stimulation:

1.
2.
3.

Social Energy:

1.
2.
3.

Control:

1.
2.
3.

Part 7: Enforcement Plan

For each rule, answer:

1. What will make it hard to enforce this rule?

- (e.g., guilt, fear, external pressure, financial need)

2. How will I communicate this rule early?

- (e.g., in interviews, with collaborators, with clients)

3. Who in my tribe can hold me accountable to this rule?

- (Name specific people)

Part 8: Reflection

Answer the following:

1. **Which rule feels most important to protect right now?**

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2. **Which rule will be hardest to enforce?**

   -

3. **What's one small action I can take this week to enforce one of my rules?**

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Submission

Save this worksheet for your own reference. You don't need to submit it unless your facilitator requests it.

Share your Operating Rules with your tribe—they're your enforcement partners.

> 🛡️ **Builder Reminder:** Operating Rules are protective, not aspirational. They're how you design for fit, not force. Enforce them without guilt.