

# Second Brain





“Tu mente está para  
tener ideas, no para  
retenerlas.”

*David Allen*

# Metodología



Captura



Organiza



Destila



Expresa

# Método PARA

## Proyectos

Escribir un artículo

Planear vacaciones

Correr una carrera

## Áreas

Trabajo

Viaje

Salud

## Recursos

Escritura

Vacaciones

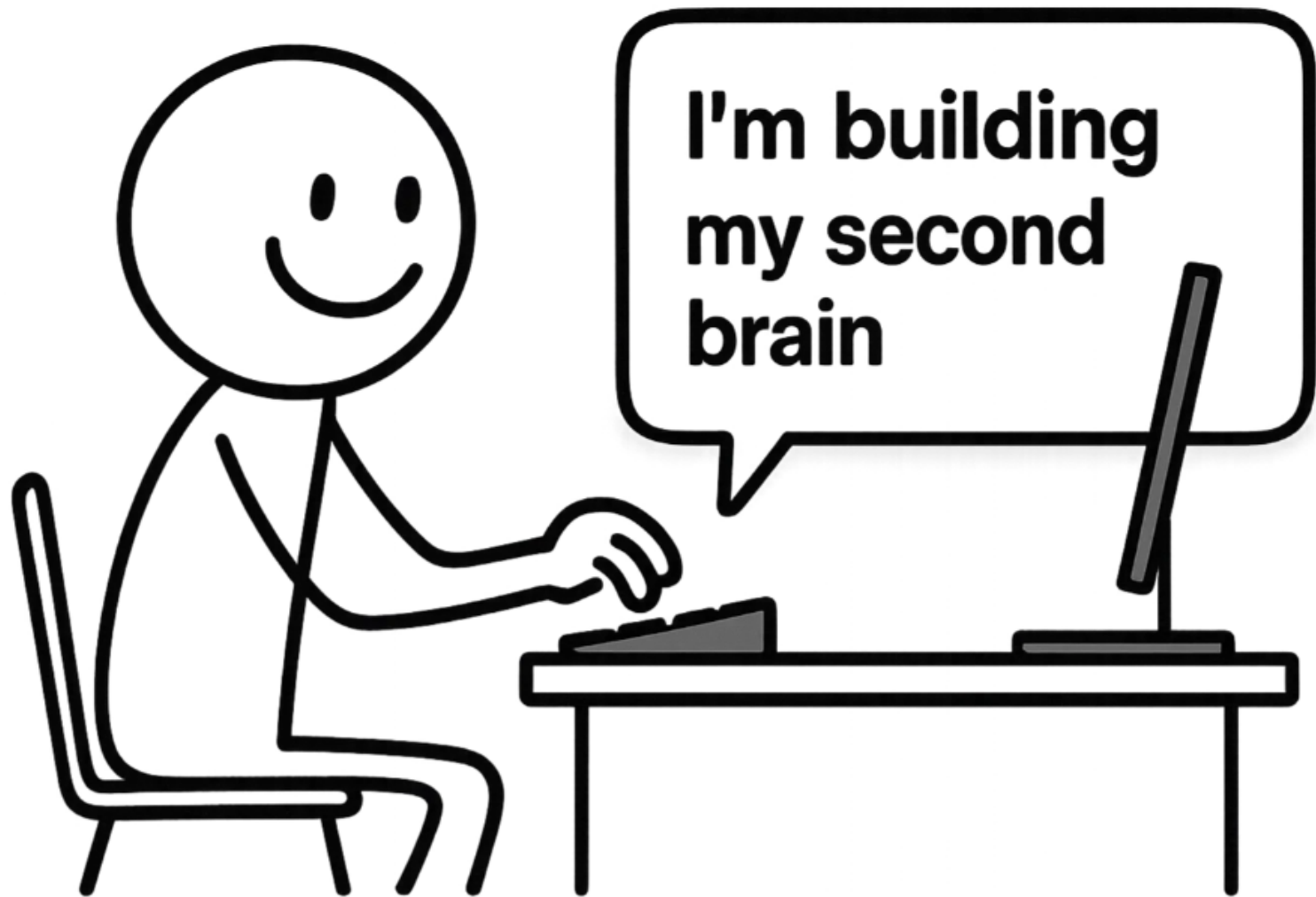
Planes personales

## Archivos

Artículos científicos

Vacaciones previas

Objetivos personales



**I'm building  
my second  
brain**



Made for  
Notion

# Second Brain Template



## Notes Dashboard

This is where all your notes live. Whether they're meeting notes, ideas, or all the information you need to remember.

Back to Dashboard

### Quick Capture

Instant buttons that allow you to quickly capture new notes, ideas, or tasks without having to navigate through other sections.

New Note

New Tag

### Navigation

- Inbox
- In Review
- Pinned
- Saved
- Tags
- Archive
- All Notes

### All Areas

Categories or life areas that organize your notes based on topic. How to Use: Use Areas to group your notes into broader categories.

Business

March 20, 2024



## GTD Dashboard

Inspired by David Allen's "Getting Things Done" methodology, this dashboard focuses exclusively on ensuring every action is accounted for.

Back to Dashboard

### Quick Capture

- New Task
- New Project
- New Note

### Navigation

- Inbox
- Tasks To-Do
- Projects
- Next Action
- Calendar
- Weekly Review
- Priority
- Reference
- Archive

### Projects

The Projects section is where you manage all your projects with specific goals. How to Use: Use it to track progress on projects, manage tasks, and ensure you're always moving forward. It provides a comprehensive view of all your active projects, organized by priority, allowing you to focus on the most important tasks first.

By Area: Business, Personal, School, Work, Other

By Status: To-Do, In Progress, Completed, Archived

By Priority: High, Medium, Low

By Date: Today, Tomorrow, This Week, Next Week, Future

By Project: Learn The Tips, Build a product, Sell the product, etc.

By Task: Contact a bathroom repairman, Get ideas for a digital products, etc.

By Tag: #Business, #Personal, #School, #Work, #Other

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References



## PARA Dashboard

The PARA Dashboard in your Second Brain template is designed for streamlined & Archival, making it easy to focus on current projects, manage ongoing responsibilities.

Back to Dashboard

These quick links allow you to add new items without needing to navigate through

New Task

New Project

### Tasks

#### Today's Tasks

Shows a list of tasks due today, allowing you to stay focused on immediate tasks. How to Use: Use this section to stay organized and efficient with daily responsibilities.

By Task: Learn The Tips, Personal Development, etc.

By Status: To-Do, In Progress, Completed, Archived

By Priority: High, Medium, Low

By Date: Today, Tomorrow, This Week, Next Week, Future

By Project: Learn The Tips, Build a product, Sell the product, etc.

By Task: Contact a bathroom repairman, Get ideas for a digital products, etc.

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Upcoming Soon



## Second Brain Pro+

Welcome to your Second Brain System, The **Second Brain Pro+** Template.

(Full User Guide) Get Start With The Second Brain Template

### Quick Capture

Instantly capture new tasks, ideas, or notes from the main dashboard.

New Task

New Project

New Note

New Tag

New Resource

### Dashboards

- PARA Dashboard
- GTD Dashboard
- Notes Dashboard

### Productivity

- Inbox
- Daily Action
- Projects & Tasks
- Areas
- Goals
- Archive

### Knowledge

- Resources
- Notes
- Learning System
- Reading Tracker

### Finance Hub

- Main Dashboard
- Accounts
- Income

### Inbox

A temporary holding area for all new tasks, ideas, and notes before processing.

By Task: Learn The Tips, Personal Development, etc.

By Status: To-Do, In Progress, Completed, Archived

By Priority: High, Medium, Low

By Date: Today, Tomorrow, This Week, Next Week, Future

By Project: Learn The Tips, Build a product, Sell the product, etc.

By Task: Contact a bathroom repairman, Get ideas for a digital products, etc.

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Upcoming Soon

# Markdown

Markdown es un lenguaje de marcado ligero que te permite añadir formato (negritas, cursivas, títulos, listas, etc.) a textos simples utilizando una sintaxis sencilla.

En lugar de usar un editor de texto con botones para formatear, en Markdown escribes algunas marcas especiales para indicar cómo quieres que se vea el texto.



 [Guía Markdown](#)

# Inteligencia Artificial Generativa







**ChatGPT**



OpenAI



Claude AI



Copilot



perplexity

Gemini



Hugging Face

# **ACTIVIDAD**

## **individual**



Datos estructurados



Texto



Voz



Señales 3d



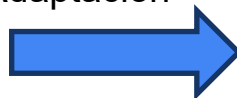
Imágenes

# LLM

Entrenamiento



Adaptación



Extracción de información



Seguimiento de instrucciones



Reconocimiento de objetos



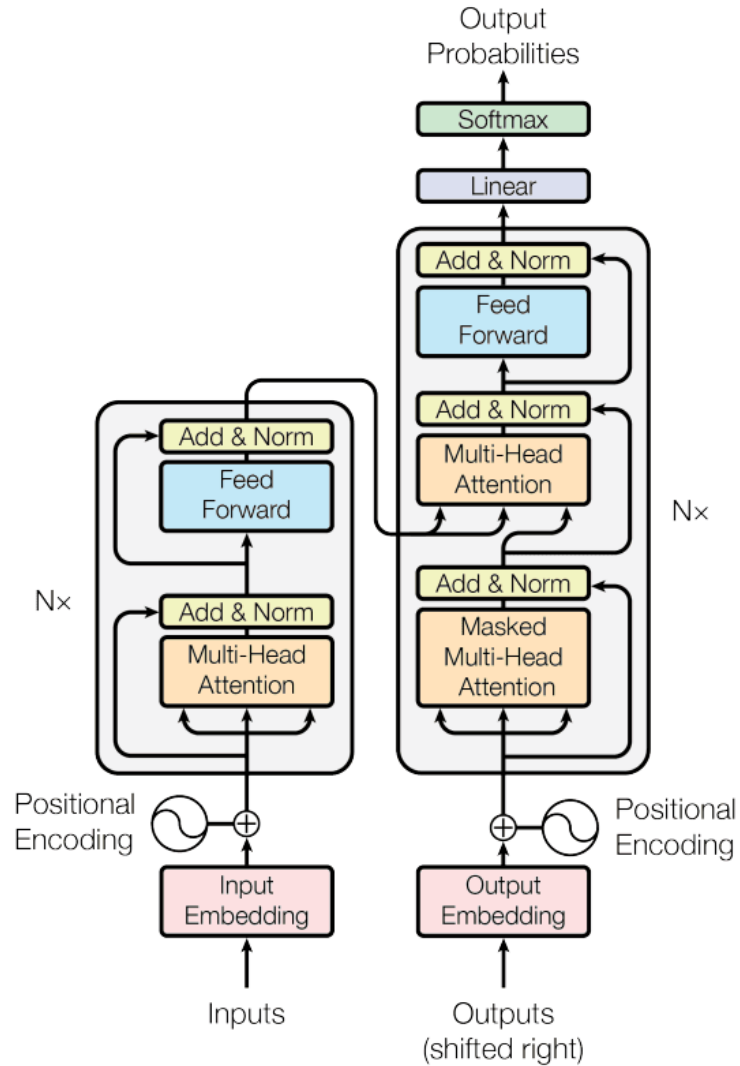
Captura de imágenes



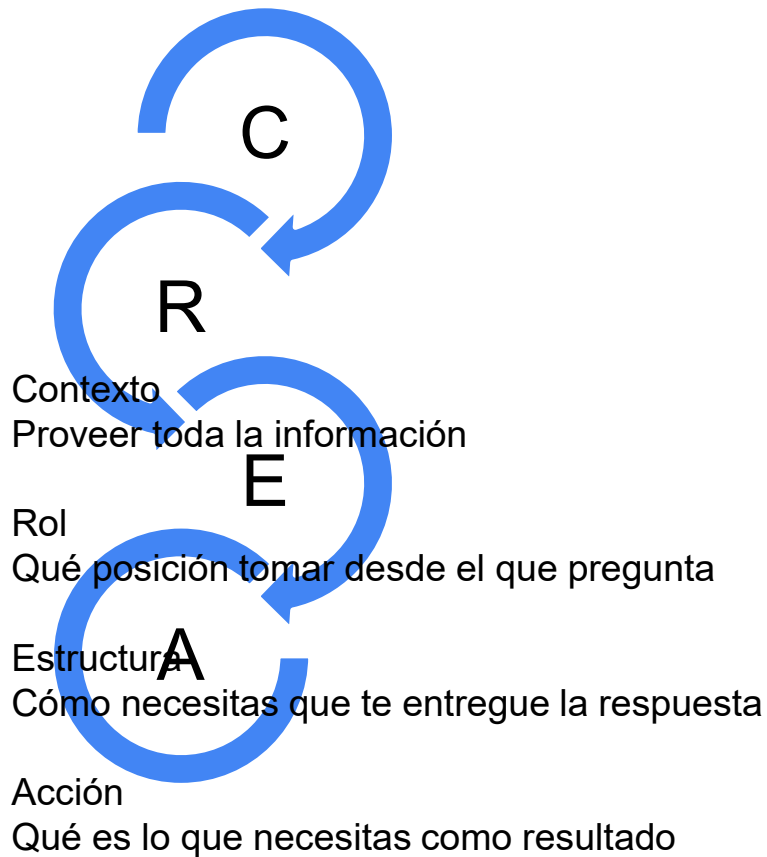
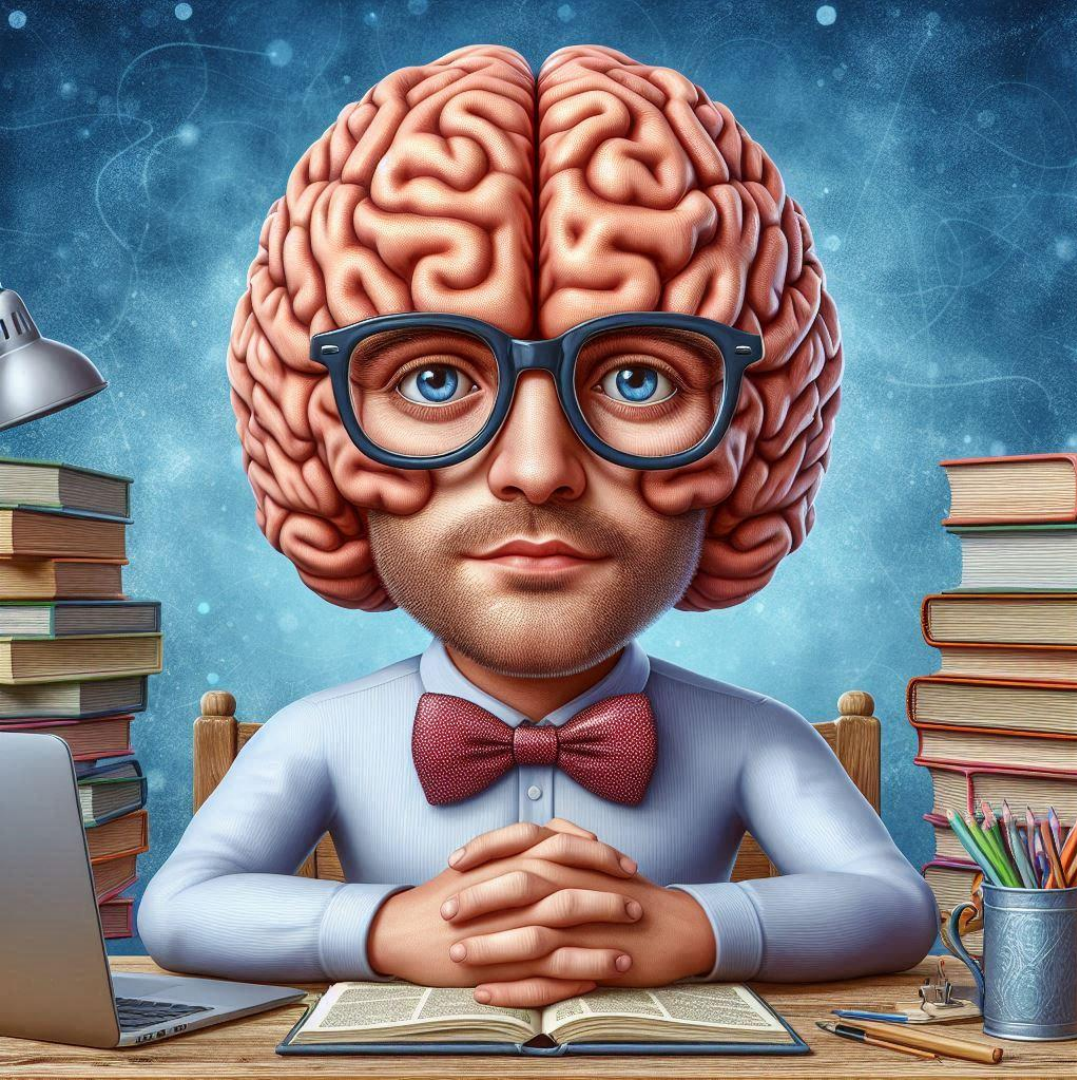
Q&A



Análisis de sentimiento







# DESAFIO

## grupal



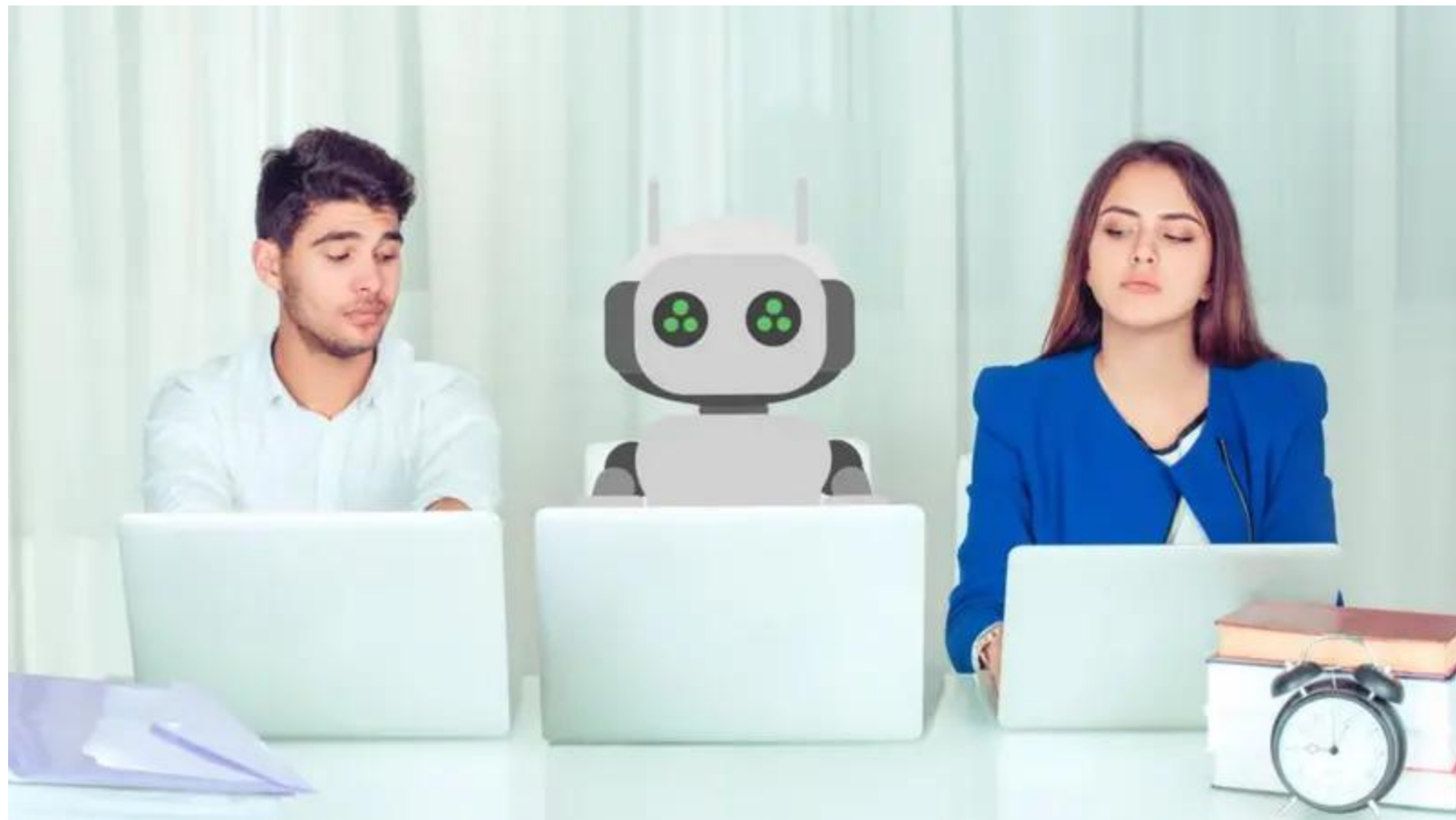
# Límites de la IAG



# Introducing ChatGPT Plus

Introducing a whole new ChatGPT experience for ChatGPT, a conversational AI that can chat with you on a wide range of topics, from science to art, and more. ChatGPT Plus is the next step in the evolution of AI-powered chatbots.









# Debate

# ACTIVIDAD para el hogar