

## 02 - 01 - 02 - Framework Template

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### Purpose of This Template

This template helps you define your own Framework — the foundation of your personal system. It captures your **Why**, **What**, and **How** so that everything else you do can align to it.

Use it as a living document. It can evolve, but it starts by anchoring your system in clarity.

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### WHY — Purpose & Values

- **My deeper mission:** (e.g. “To unlock progress that matters to people and the world.”)
  - **Core values that guide me:** 1. 2. 3.
  - **What matters most to me:** (e.g. Contribution, growth, autonomy, creativity, connection...)
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### WHAT — Roles & Strengths

- **Key roles I play in life/work:** 1. 2. 3.
  - **My strongest abilities / traits:** (e.g. Systems thinking, empathy, strategy, teaching, storytelling...)
  - **What I am here to build or become:** (e.g. A trusted guide, a builder of solutions, a clear thinker...)
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### HOW — Cognitive & Behavioural Style

- **How I think:** (e.g. Fast-moving, visual, pattern-oriented, curious, associative...)
- **How I work best:** (e.g. In sprints, with freedom, using visuals, with external feedback...)
- **My growth and reflection rhythms:** (e.g. Weekly reviews, idea mapping, deep conversations, journaling...)

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## Final Notes

- There are no wrong answers — this is your Framework.
- Be honest and clear. The more real this is, the more powerful the system becomes.
- You can revisit and refine this over time.

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**Next:** Move on to the SelfFrame Template in [02 - 02 - 01 - SelfFrame Template.docx] to build a more detailed version of your Framework that integrates with the BrainFrame system.