

### Purpose of This Library

This is your prompt vault for interacting with AI in a way that reflects your SelfFrame and supports your BrainFrameOS system.

It's not about clever tricks — it's about asking the right questions in your voice, for your system.

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### Reflection Prompts

- “What patterns are emerging in my recent notes?”
  - “Where might I be drifting from my SelfFrame?”
  - “What am I avoiding that could unlock progress?”
  - “Can you help me surface insights from this week's planner?”
  - “Which actions are aligned vs reactive this week?”
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### Planning Prompts

- “Based on my energy this week, what would be a smart way to plan it?”
  - “What roles do I need to lean into this week?”
  - “How can I protect deep work without overloading?”
  - “Help me translate this clarity into a checklist.”
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### Decision Prompts

- “What decision best aligns with my Why?”
  - “Which option supports my sustainable momentum?”
  - “What would each path look like if I played it out?”
  - “What's the fear behind this hesitation — and is it valid?”
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### Debugging Prompts

- “Something feels off in my system — can we unpack it?”
  - “Which tool might be creating friction?”
  - “Can you help me run a system drift check?”
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## Expression Prompts

- “Can you help me articulate my mission in clearer language?”
  - “Let’s rewrite my SelfFrame in a simpler voice.”
  - “Summarise this idea like I would say it out loud.”
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**Tip:** Combine these prompts with:

- Weekly Planner outputs
- Shadow Notes reflections
- Validation Logs

This is your voice — extended. Keep evolving it.