

06-03 Configuration Guide

The Configuration Guide outlines how to set up, customise, and evolve your BrainFrame environment.

It is both a technical setup reference and a philosophical alignment tool — ensuring the system feels like an extension of *you*.

Step 1: Define Your Primary Mode

- Personal Growth / Reflection
- Strategy & Systems Thinking
- Team / Org Alignment
- Creative Workflows

This informs tone, templates, and prompt calibration.

Step 2: Choose Your Core Modules

Start with 2–3 that resonate:

- Shadow Planner
- SelfFrame
- Prompt Library
- Decision Maps
- AI Companion Setup
- Modular Templates Folder

Step 3: Set Preferences

Setting	Example Options
Tone Calibration	Gentle / Direct / Curious
Output Format	Bullet / Narrative / Mixed
Prompt Style	Open / Framed / Structured
Reflection Cadence	Daily / Weekly / As needed

Setting	Example Options
AI Role	Partner / Mirror / Coach

Step 4: Add Personal Metadata

- Your current roles
- Core values
- Working tensions
- Preferred metaphors

This powers Adaptive Prompting and Context Transfer.

Step 5: Save + Iterate

- Use the Version Tracker to document changes.
- Update as your context evolves.
- Reflect on how configuration changes affect clarity and energy.

Reminder: Configuration is not a setup task. It's a co-evolving ritual.

Set your BrainFrame to work with you — not just for you.