

06-05 Snapshot Archive Folder

This folder acts as the historical memory vault of your BrainFrame system.

It stores regular “snapshots” of key reflections, configurations, prompts, and thought states — allowing you to revisit, learn from, and evolve your inner system with clarity.

What to Snapshot

- SelfFrame versions
- Weekly Shadow Planner summaries
- Major decision logs
- Clarity snapshots during transitions
- AI configuration profiles

Suggested Snapshot Cadence

Frequency	Use Cases
Weekly	Planning, tension patterns, insight arcs
Monthly	Reflection summaries, SelfFrame evolution
Milestone	Project start/end, personal transitions
Manual (any)	High-insight moments or turning points

Metadata to Include per Snapshot

- Date
- Snapshot Type
- Modules included
- User context (roles, energy, focus)
- Notes or meaning tags (e.g. “burnout”, “breakthrough”)

Benefits

- Builds a visible timeline of growth
- Surfaces hidden cycles or shifts
- Enables comparison of past vs present states
- Creates a sense of narrative continuity

Think of this folder not as storage — but as a **mirror archive of who you were, when you were becoming who you are.**