

## 07-01 Sandbox Log

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The Sandbox is BrainFrame's live experimentation zone — where ideas, modules, prompts, and prototypes can be tested without risk or permanence.

The **Sandbox Log** captures what has been tried, what was learned, and whether anything should be integrated into the core system.

### Log Entry Format

Date	Idea / Prompt / Module Tested	Outcome / Learning	Next Step
2025-03-24	Timeline Zoom-Out Reflection	Created useful insights on long-term arcs	Convert to template
2025-03-21	Momentum Ladder Prompt Sequence	Too abstract without examples	Revise + test again

### What to Log

- Experimental prompts or modules
- Temporary reconfigurations (e.g. new AI tone)
- Unexpected user behaviours or use cases
- Emergent workflows

### Use Cases

- Safe space for creative exploration
- Prototype development notes
- Feedback loop with users or team
- Trace unusual insight patterns

### Reflection Prompts

“What did I learn from this test?”

“Did it increase or decrease clarity?”

“Is this ready to share, refine, or archive?”

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**Nothing gets lost here. Nothing has to be perfect.**

The Sandbox Log ensures all experiments leave a trail — even if they don't make it to release.