Purpose of This Guide

This guide walks you through **how to activate and use BrainFrameOS**, step by step. It shows how each part fits together and when to use which component.

Think of this as your **orientation manual**.

Step 1: Define Your System

Start by creating your Framework and SelfFrame:

- Use [02 - 01 - 02 - Framework Template.docx] to define your Why / What / How
- Use [02 - 02 - 01 - SelfFrame Template.docx] to build out your personal operating system

These form the foundation of everything else.

Step 2: Activate Your Weekly Rhythm

Use the Shadow Planner to:

- Set intention at the start of each week
- Stay grounded in your Framework during the week
- Reflect and realign every Friday

Refer to [02 - 04 - 01 - Shadow Planner Guide.docx] for setup.

Step 3: Add the Tools You Need

Choose from a modular toolbox:

- Checklist Generator
- System Drift Detector

- Energy Planner
- Process Review Worksheet

Pick the ones that support how you think and work best. (See 02 - 05 series for each tool.)

Step 4: Establish Validation Loops

Use prompts and review logs to:

- Check alignment weekly
- Catch system drift early
- Build trust in your process

See:

- [02 - 06 - 01 - Weekly Validation Prompts.docx]
- [02 - 06 - 02 - Review Log Template.docx]

Step 5: Configure Your AI Layer

Teach ChatGPT (or another AI) to understand you:

- Load in your SelfFrame
- Use the prompt libraries
- Ask it to reflect *with* you, not just generate answers

See:

- [02 - 07 - 01 - AI Configuration Guide.docx]
- [02 - 07 - 02 - Prompt Library.docx]

Final Notes

- This system is modular — build it at your pace.
- The goal is clarity, momentum, and alignment — not perfection.
- You can come back to this guide any time you feel stuck, misaligned, or ready to expand.

You're not building a productivity system. You're building a **thinking environment that evolves with you**.