

Purpose of This Document

This document provides real examples of completed SelfFrames to help you understand how the template can be used. These are not “ideal answers” — they are *honest reflections* of how different people think, work, and grow.

Sample 1: The Integrator-Thinker

- **Mission:** To connect people, systems, and ideas to unlock sustainable progress.
 - **Top Values:** Clarity, Growth, Contribution
 - **Roles:** Guide, Builder, Strategist
 - **Strengths:** Systems thinking, pattern recognition, empathy
 - **Style:** Verbal-visual, reflective, fast-moving, purpose-driven
 - **Thrives with:** Autonomy, clarity, purpose
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Sample 2: The Creative Catalyst

- **Mission:** To spark energy and possibility in others through creativity.
 - **Top Values:** Freedom, Inspiration, Connection
 - **Roles:** Creator, Facilitator, Visionary
 - **Strengths:** Storytelling, ideation, emotional intelligence
 - **Style:** Associative, intuitive, expressive, energetic
 - **Thrives with:** Space to explore, emotional resonance, collaboration
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Sample 3: The Practical Organizer

- **Mission:** To bring order and consistency that enables others to flourish.
- **Top Values:** Reliability, Service, Excellence
- **Roles:** Operator, Coordinator, Enabler
- **Strengths:** Structure, planning, dependability

- **Style:** Sequential, methodical, calm, consistent
 - **Thrives with:** Clear plans, predictable environments, feedback
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How to Use These Examples

- Don't copy — adapt. Use them to reflect on what resonates with you.
 - Notice the tone: these are practical and human, not academic or forced.
 - Your SelfFrame is valid if it *feels true* and helps you operate with clarity.
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Next: Move on to [02 - 03 - 01 - BrainFrameOS Overview.docx] to understand how your Framework and SelfFrame fit into the full system.