

## 05-02 Modular Templates Folder

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BrainFrame includes a growing set of modular templates designed to support quick-start use, repeatable systems, and lightweight scaffolding for deep thinking.

These templates are flexible, non-linear, and adaptable to individual needs.

### Categories of Templates

1. **Daily / Weekly Routines**
  - Morning Calibration
  - End of Day Check-In
  - Weekly Reflection & Reset
2. **Clarity & Planning**
  - Decision-Making Map
  - Clarity Snapshot
  - Project Pre-Mortem
3. **Emotional & Mental State**
  - Energy Tracker
  - Tension Mapping Grid
  - Self-Talk Decoder
4. **Meta & Perspective**
  - Pattern Insight Loop
  - Role Reframing Exercise
  - Timeline Zoom-Out
5. **AI Companion Flows**
  - Socratic Dialogue Sequence
  - Coaching Prompt Ladder
  - Thought Expansion Flow

### Template Format

Each template includes:

- Title & Purpose
- When to Use
- Core Sections / Prompts
- Optional Variants
- Tone Calibration Tips

Templates are not meant to become rigid habits — they are meant to be **tools for agency, insight, and reflection.**

Users can:

- Customise existing templates
- Combine modules to create new ones

- Save personal templates in their own folder

This folder evolves with you.