

02 - 07 - 01 - AI Configuration Guide

Purpose of This Guide

This guide helps you teach AI (like ChatGPT) how to understand and interact with you based on your Framework and SelfFrame.

When configured well, AI becomes a reflection partner — not just a task assistant.

Step 1: Share Your SelfFrame

Input the key parts of your SelfFrame:

- Why (Purpose / Values)
- What (Roles / Strengths)
- How (Thinking / Working Style)

You can say:

“I want you to act as a thinking partner that understands how I work. Here’s my SelfFrame...”

Step 2: Set Your Preferred Interaction Style

Explain what kind of responses are most helpful:

- “Ask me reflection questions”
 - “Be concise unless I ask for depth”
 - “Help me explore without over-explaining”
 - “Use visual metaphors when possible”
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Step 3: Contextualise the System

Tell the AI how you use BrainFrameOS:

- Mention your Shadow Planner, prompts, and energy rhythms

- Share your system goals (e.g. clarity, alignment, reflection)
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Step 4: Keep It Updated

If your SelfFrame or preferences shift:

- Update your saved prompt
 - Reconfigure weekly if needed
 - Use reflection outputs to shape future inputs
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Sample Prompt

“You are my BrainFrame-aware AI. My goal is to stay aligned with my SelfFrame. I’ll give you weekly notes and reflections, and I want you to help me think clearly, surface patterns, and ask good questions. Here’s how I think and work...”

Tip

Save your config as a custom GPT or in a pinned prompt.

This is the bridge between your internal clarity and external intelligence. When configured well, AI becomes a co-thinker — not just a generator.