

## 07-02 Prototype Planner Pages

---

These pages contain experimental planning layouts not yet formalised into core BrainFrame modules. They are designed to be used, modified, or discarded depending on what works best in real use.

### Prototype 1: Dual-Momentum Map

- **Purpose:** Contrast Internal vs External momentum
- **Sections:**
  - Current Internal Drivers (desire, energy, focus)
  - Current External Drivers (deadlines, demands, signals)
  - Misalignments
  - Leverage Points

### Prototype 2: Friction Audit

- **Purpose:** Identify subtle blockers to progress
- **Sections:**
  - Physical Friction (space, health)
  - Emotional Friction (doubt, resistance)
  - Systemic Friction (tools, clarity)
  - Friction → Flow rewrite prompts

### Prototype 3: Weekly Spiral Planner

- **Purpose:** Replaces linear weekly plans with a spiral model
- **Sections:**
  - Center: Core focus / theme
  - 1st Ring: Must-dos
  - 2nd Ring: Want-to moves
  - 3rd Ring: Flow / Serendipity items

### Use Notes

- These pages are intentionally raw.
  - Users can sketch, annotate, or remix directly.
  - If patterns of usefulness emerge, they may be promoted to full modules.
- 

**All good systems start in the margins.**

These prototype pages are yours to explore.