05-01 Use Case Overview

BrainFrame is not a one-size-fits-all system. It is a **thinking infrastructure** that adapts to use cases across personal, professional, and creative domains.

This overview outlines how BrainFrame supports different goals, users, and contexts.

1. Personal Use Cases

- **Clarity & Decision-Making**

    o Untangle complex choices with reflection flows and perspective shifts.

- **Life Design & Planning**

    o Use Shadow Planner to map out goals, rhythms, and systems.

- **Emotional Regulation & Self-Awareness**

    o Access prompts for energy scanning, tension mapping, and narrative reframing.

2. Professional Use Cases

- **Founder / Executive Thinking**

    o Model company strategy, team tensions, and long-term vision inside SelfFrame.

- **Creative Workflows**

    o Track idea evolution, inspiration arcs, and project clarity checkpoints.

- **Strategic Planning**

    o Use canvas-based documents to align missions, milestones, and mental models.

3. Team & Org Use Cases

- **Shared Language & Lenses**

    o Align on concepts like "momentum", "clarity", or "alignment tension".

- **Coordinated Reflection**

    o Run synced reviews using templates (e.g. Monthly Reset, Decision Logs).

- **Adaptive Guidance**

- AI supports each team member differently — based on their SelfFrame and role.

4. Specialised Use Cases

- Neurodivergent thinkers

- Coaches & therapists

- Innovation labs

- Deep generalists & multipotentialites

BrainFrame is not an app. **It's a framework to help humans think, feel, and act with coherence — in any domain they care about.**