

## 08-01 Intro Guide for New Users

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Welcome to BrainFrame — your thinking partner, clarity engine, and reflective system.

This guide is designed to give you a smooth, meaningful start. No overwhelm. Just momentum.

### What BrainFrame Is

- Not an app. Not a productivity hack.
- It's a system for **seeing your thoughts**, tracking your growth, and making aligned decisions — supported by AI.

### What You'll Use It For

- Thinking clearly when life gets complex
- Designing your week with purpose
- Making better decisions with less stress
- Reflecting meaningfully — and acting with insight

### How to Begin (Simple Start Path)

#### 1. Pick One Prompt

Try: "What do I actually need right now?"

#### 2. Choose One Module

Start with the **Shadow Planner** or **Prompt Library**

#### 3. Set Your Tone

Do you want gentle nudges or clear structure? Pick your vibe.

#### 4. Use Once Per Day

Morning calibration or end-of-day check-in works best

### Principles to Remember

- No pressure to "do it right" — this is yours to shape
- Your thinking style is welcome — chaotic, structured, visual, or emotional
- You don't need to fill everything in. You just need to show up

## **Optional Tools**

- Shadow Planner (track energy, tension, and flow)
- SelfFrame (map who you are and how you grow)
- AI Companion (talk things through, reflect, ideate)

## **First Reflection Prompt**

*“What do I want this system to do for me — really?”*

You’re not behind. You’re right on time.

**Welcome in. Let’s think clearly — together.**