

Purpose of the SelfFrame

The SelfFrame is your **personal operating system**. It expands on your Framework by adding specific detail about your internal patterns, external roles, and how you work best.

Where the Framework defines the logic, the SelfFrame brings it to life.

Use this template to define your SelfFrame clearly — it becomes the foundation for planning, reflection, AI interaction, and decision-making.

1. IDENTITY SNAPSHOT

- Name / Role:
 - Short Summary of Who You Are:
 - Your Mission in One Line:
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2. WHY — Purpose & Values

- My Core Purpose / Mission:
 - Top 3 Values I Live By: 1. 2. 3.
 - What Brings Me Meaning:
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3. WHAT — Roles, Strengths & Outcomes

- Key Roles I Play:
 - Signature Strengths:
 - Work / Outcomes That Matter Most:
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4. HOW — Thinking & Operating Style

- How I Think:
 - How I Work Best:
 - Learning / Growth Style:
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5. OPERATING CONDITIONS

- What Helps Me Thrive:
 - What Throws Me Off / Causes Drift:
 - Non-Negotiables for Sustainable Progress:
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6. COGNITIVE TRAITS (OPTIONAL)

(if known from tools like DISC, MBTI, Axiology, StrengthsFinder)

- Thinking Type:
 - Behavioural Tendencies:
 - Processing Style:
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7. SYSTEM CONNECTIONS

- This SelfFrame is connected to:
 - Framework → [02 - 01 - 02 - Framework Template.docx]
 - Shadow Planner → [02 - 04 - 01 - Shadow Planner Guide.docx]
 - AI Layer → [02 - 07 - 01 - AI Configuration Guide.docx]
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Next: See examples in [02 - 02 - 02 - Sample SelfFrames.docx] to help shape your own.