

## 08-02 How to Build Your SelfFrame

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The SelfFrame is your personal operating system — a living snapshot of who you are, how you think, what drives you, and what holds you back.

It's not a personality test. It's a reflective tool designed to:

- Increase self-awareness
- Align decision-making
- Track how you evolve over time

### Step 1: Name Your Current Roles

Who are you showing up as? Parent, builder, leader, learner?

### Step 2: Identify Core Drivers

What motivates you? Try:

- Contribution
- Freedom
- Progress
- Belonging
- Mastery

Pick 2–4 that resonate. Add your own if needed.

### Step 3: Map Current Tensions

What's pulling you in opposite directions?

- Stability vs Change
- Speed vs Depth
- Focus vs Freedom

Tensions are not problems. They're signals.

### Step 4: Note Cognitive & Emotional Style

How do you process the world?

- Visual / Verbal / Spatial / Narrative
- Fast-switcher / Deep-diver / Parallel-thinker
- Empathic / Analytical / Cyclical

### **Step 5: Define Energy Zones**

When do you feel most alive? What drains you?

Use a simple quadrant:

- High Energy + High Meaning
- High Energy + Low Meaning
- Low Energy + High Meaning
- Low Energy + Low Meaning

### **Step 6: Choose Your Growth Theme**

What's the arc right now?

- Becoming more \_\_\_\_\_ ?
- Letting go of \_\_\_\_\_ ?
- Learning to \_\_\_\_\_ ?

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Once complete, your SelfFrame becomes a reflection anchor — visible to you, usable by the AI, and evolving with your journey.

**Know your frame. Shape your path.**