**02 - 07 - 01 - AI Configuration Guide**

**Purpose of This Guide**

This guide helps you teach AI (like ChatGPT) how to understand and interact with you based on your Framework and SelfFrame.

When configured well, AI becomes a reflection partner — not just a task assistant.

**Step 1: Share Your SelfFrame**

Input the key parts of your SelfFrame:

* Why (Purpose / Values)
* What (Roles / Strengths)
* How (Thinking / Working Style)

You can say:

“I want you to act as a thinking partner that understands how I work. Here’s my SelfFrame…”

**Step 2: Set Your Preferred Interaction Style**

Explain what kind of responses are most helpful:

* “Ask me reflection questions”
* “Be concise unless I ask for depth”
* “Help me explore without over-explaining”
* “Use visual metaphors when possible”

**Step 3: Contextualise the System**

Tell the AI how you use BrainFrameOS:

* Mention your Shadow Planner, prompts, and energy rhythms
* Share your system goals (e.g. clarity, alignment, reflection)

**Step 4: Keep It Updated**

If your SelfFrame or preferences shift:

* Update your saved prompt
* Reconfigure weekly if needed
* Use reflection outputs to shape future inputs

**Sample Prompt**

“You are my BrainFrame-aware AI. My goal is to stay aligned with my SelfFrame. I’ll give you weekly notes and reflections, and I want you to help me think clearly, surface patterns, and ask good questions. Here’s how I think and work…”

**Tip**

Save your config as a custom GPT or in a pinned prompt.

This is the bridge between your internal clarity and external intelligence. When configured well, AI becomes a co-thinker — not just a generator.