**07-02 Prototype Planner Pages**

These pages contain experimental planning layouts not yet formalised into core BrainFrame modules. They are designed to be used, modified, or discarded depending on what works best in real use.

**Prototype 1: Dual-Momentum Map**

* **Purpose:** Contrast Internal vs External momentum
* **Sections:**
  + Current Internal Drivers (desire, energy, focus)
  + Current External Drivers (deadlines, demands, signals)
  + Misalignments
  + Leverage Points

**Prototype 2: Friction Audit**

* **Purpose:** Identify subtle blockers to progress
* **Sections:**
  + Physical Friction (space, health)
  + Emotional Friction (doubt, resistance)
  + Systemic Friction (tools, clarity)
  + Friction → Flow rewrite prompts

**Prototype 3: Weekly Spiral Planner**

* **Purpose:** Replaces linear weekly plans with a spiral model
* **Sections:**
  + Center: Core focus / theme
  + 1st Ring: Must-dos
  + 2nd Ring: Want-to moves
  + 3rd Ring: Flow / Serendipity items

**Use Notes**

* These pages are intentionally raw.
* Users can sketch, annotate, or remix directly.
* If patterns of usefulness emerge, they may be promoted to full modules.

**All good systems start in the margins.**

These prototype pages are yours to explore.