**05-01 Use Case Overview**

BrainFrame is not a one-size-fits-all system. It is a **thinking infrastructure** that adapts to use cases across personal, professional, and creative domains.

This overview outlines how BrainFrame supports different goals, users, and contexts.

**1. Personal Use Cases**

* **Clarity & Decision-Making**
  + Untangle complex choices with reflection flows and perspective shifts.
* **Life Design & Planning**
  + Use Shadow Planner to map out goals, rhythms, and systems.
* **Emotional Regulation & Self-Awareness**
  + Access prompts for energy scanning, tension mapping, and narrative reframing.

**2. Professional Use Cases**

* **Founder / Executive Thinking**
  + Model company strategy, team tensions, and long-term vision inside SelfFrame.
* **Creative Workflows**
  + Track idea evolution, inspiration arcs, and project clarity checkpoints.
* **Strategic Planning**
  + Use canvas-based documents to align missions, milestones, and mental models.

**3. Team & Org Use Cases**

* **Shared Language & Lenses**
  + Align on concepts like "momentum", "clarity", or "alignment tension".
* **Coordinated Reflection**
  + Run synced reviews using templates (e.g. Monthly Reset, Decision Logs).
* **Adaptive Guidance**
  + AI supports each team member differently — based on their SelfFrame and role.

**4. Specialised Use Cases**

* Neurodivergent thinkers
* Coaches & therapists
* Innovation labs
* Deep generalists & multipotentialites

BrainFrame is not an app. **It’s a framework to help humans think, feel, and act with coherence — in any domain they care about.**