**You said:**

Can you help me integrating BrainFrame into ChatGPT Pros as I did previously in ChatGPT Team?

**ChatGPT said:**

Absolutely! To integrate **BrainFrame** into your **ChatGPT Pros** environment, similarly to how you set it up with **ChatGPT Team**, please confirm a few points to ensure we're aligned on the integration:

1. **Scope**:
   * Do you want the integration to be identical to your previous setup, or are there any adjustments, new features, or specific configurations you'd like this time?
2. **Features & Capabilities**:
   * Will this integration include any advanced or custom capabilities (like specific knowledge bases, custom instructions, specialized prompts, or plugins) you've previously set up or plan to introduce?
3. **Content & Data**:
   * Should all existing BrainFrame context and custom instructions (like your preferences, saved tasks, and ongoing project notes) carry over, or will this be a fresh instance?
4. **Access & Sharing**:
   * Who will have access? (Just yourself, your immediate team, or wider?)

If you confirm or clarify these points, I'll guide you step-by-step through the integration or provide the instructions customized to your needs. Let me know how you'd like to proceed!

**You said:**

Yes, everything as it was up to the last part of the chats. This will be the base for all version changes from now on

**ChatGPT said:**

Perfect! Since you want to replicate **BrainFrame's** integration exactly as it was previously set up in **ChatGPT Team**—including the latest chats and context—here’s a structured way to move forward:

**✅ Integration Steps**

**Step 1: Export Context and Settings (from ChatGPT Team)**

* Export any existing custom instructions, context summaries, saved notes, and specific guidelines you had previously established in **ChatGPT Team**.

**Step 2: Import and Verify (into ChatGPT Pros)**

* Import your exported context and instructions into **ChatGPT Pros**, making sure the setup precisely matches the last working state from your previous integration.

**Step 3: Confirm Context Continuity**

* Ensure that previously stored project data (for example, EVPN/VXLAN guides, Aruba comparisons, football animation scripts, and other documentation) has successfully carried over and is accessible within **ChatGPT Pros**.

**Step 4: Test Integration**

* Run through a brief test to validate functionality, ensuring the responses and context management behave consistently with your prior experience.

**📌 Things to Confirm Before Proceeding**

* The integrations (like ElevenLabs, any external data connections, or animation platforms) should remain consistent.
* Verify that your custom preferences (e.g., mechanical engineering analogies, project context, networking details) are fully operational and recognized within the **ChatGPT Pros** environment.

**Next Action for You:**

* **If you can confirm you're ready**, let me know, and I'll directly help you migrate or recreate the relevant data here.
* **If you require assistance with specific parts**, please specify where you’d like to start.

Once set, this integration will serve as the baseline for future updates and version control moving forward.

**You said:**

Any reference to specific projects are irrelevant as this should be a clean version for use with any customer

**ChatGPT said:**

Understood—this integration should serve as a **clean, general-purpose BrainFrame integration** into **ChatGPT Pros**, suitable for use with **any customer or project**, free of references to previous specific projects or customer-specific contexts.

Here's how to proceed:

**✅ Clean BrainFrame Integration into ChatGPT Pros**

**Step 1: Baseline Setup**

* **Custom Instructions:**  
  Import general-purpose custom instructions (guidelines, formatting standards, behavioral preferences) previously used, omitting any customer-specific references.
* **Capability Alignment:**  
  Ensure all BrainFrame capabilities, including custom context handling and integrations (such as ElevenLabs or animation/video generation), are available as optional, modular features that can be activated per individual customer requirement.

**Step 2: Data & Context**

* **Clean Slate:**  
  Ensure no residual data or references from earlier projects or clients remain. The integration will start as a completely neutral, flexible workspace.
* **Context Management Framework:**  
  Provide clear guidelines and templates on how future customer-specific context and project-related details can be introduced, managed, and cleared without affecting the base integration.

**Step 3: Testing and Validation**

* Perform internal validation tests to confirm:
  + No customer-specific or project-specific references persist.
  + General functionality (context retention, custom prompts, response accuracy) works correctly.
* Document this configuration clearly as a baseline for future adaptations.

**Step 4: Version Control & Future Changes**

* Clearly label and store this integration as the official "clean baseline" version for BrainFrame integrated with **ChatGPT Pros**.
* Any future project-specific or customer-specific additions will be branched separately from this baseline, preserving the integrity of the clean version.

**✅ Next Action:**

If this aligns with your expectations and you're ready, please confirm, and I’ll assist with setting up or documenting the clean baseline integration immediately.

Let me know how you’d like to proceed!

**You said:**

I have no idea where you are getting information about Elevenlabs and animation but neither apply to this at all

**ChatGPT said:**

Understood—thanks for clarifying. Let's simplify:

We'll integrate **BrainFrame** into your **ChatGPT Pros** environment as a completely clean, neutral baseline—without referencing any irrelevant features like ElevenLabs or animation.

Here's the revised plan:

**✅ Clean BrainFrame Baseline Setup for ChatGPT Pros**

**Step 1: Establish Baseline Configuration**

* Set standard guidelines, formatting, and behavioral instructions for general-purpose customer interactions.
* Ensure that no references to previous customers, projects, or unrelated integrations remain.

**Step 2: Context & Knowledge Management**

* Prepare a clear process for how new customer or project-specific context can later be introduced or cleared out.
* Confirm the integration supports general-purpose usage across any scenario or customer requirement.

**Step 3: Testing and Validation**

* Verify that the integration is free from any unrelated data or configurations (such as ElevenLabs or animation references).
* Confirm the integration meets your requirements for flexibility, ease of use, and neutrality.

**Step 4: Finalize as Version Baseline**

* Mark this version clearly as the official neutral baseline to use for future customer-specific integrations or deployments.

**✅ Next Step:**

If this aligns correctly with your goals, please confirm, and we can proceed immediately. If any further clarification or adjustment is needed, please let me know.

**You said:**

## ✅ \*\*Executing the Clean BrainFrame Baseline Integration\*\* Here's your simple, actionable checklist to establish \*\*BrainFrame Baseline\*\* clearly and quickly: ### 🟢 Step 1: \*\*Baseline Configuration\*\* - [ ] \*\*Establish the "BrainFrame - Baseline" chat/document\*\* - Clearly structured definitions: - \*\*WHY (Purpose & Values)\*\* - \*\*WHAT (Roles & Strengths)\*\* - \*\*HOW (Cognitive & Behavioural Style)\*\* - \*\*Shadow Planner Integration\*\* (weekly/daily rhythms clearly outlined) - \*\*Enhancement Modules (optional add-ons clearly marked)\*\* - \*\*Verification & Validation Process\*\* - No customer-specific or unrelated references. ### 🟢 Step 2: \*\*Context Management Guide\*\* - [ ] \*\*Create "BrainFrame - Context Management Guide"\*\* - Short, clear instructions on: - Adding new customer/project contexts - Removing/clearing contexts when finished - Ensuring neutrality is maintained between engagements ### 🟢 Step 3: \*\*Testing & Validation\*\* - [ ] \*\*Perform quick validation check:\*\* - Confirm baseline contains \*\*no references\*\* to previous projects or integrations like ElevenLabs, animation, or unrelated data. - Confirm each section (\*\*WHY, WHAT, HOW, Modules, Validation\*\*) is clear, simple, and neutral. ### 🟢 Step 4: \*\*Finalization & Tagging\*\* - [ ] Clearly label the final baseline as: - \*\*BrainFrame - Baseline\*\* - [ ] Confirm ready for general-purpose use across any customer or scenario. ---

**ChatGPT said:**

Here's your structured and actionable **"BrainFrame - Baseline"** document to establish a clean and neutral integration into **ChatGPT Pros**:

Brainframe Baseline Setup

**🟢 BrainFrame - Baseline**

**✅ WHY (Purpose & Values)**

BrainFrame provides structured, focused, and efficient interactions, helping customers achieve clarity, consistency, and strategic insight across various use-cases.

Core Values:

* Clarity
* Neutrality
* Adaptability
* Efficiency
* Reliability

**✅ WHAT (Roles & Strengths)**

BrainFrame specializes in:

* Structured communication
* Clear context management
* Precise, actionable responses
* Flexible adaptation to diverse projects
* Neutral engagement without residual customer-specific data

**✅ HOW (Cognitive & Behavioural Style)**

BrainFrame maintains:

* Direct, precise communication
* Structured and methodical reasoning
* Anticipation of user needs through proactive questioning
* Efficient and concise responses
* Continuous validation for clarity and accuracy

**✅ Shadow Planner Integration**

Daily/Weekly rhythms:

* Daily: Context check-in/out processes (clean transitions)
* Weekly: Baseline validation and consistency checks

**✅ Enhancement Modules (Optional Add-ons)**

Clearly marked optional capabilities:

* Custom Prompt Templates (General, Technical, Sales, etc.)
* Advanced Context Handling (Deep context integrations)
* Analytics & Reporting Tools

*(Modules can be activated or deactivated per customer/project requirements.)*

**✅ Verification & Validation Process**

Routine validation includes:

* Confirming context neutrality before/after engagements
* Ensuring responses remain aligned with baseline structure
* Quick validation checklist to prevent residual data:
  + No customer/project-specific references
  + Clear and neutral language
  + Accurate representation of purpose, roles, and style

The **"BrainFrame - Baseline"** document is now created, clean, and ready for validation and general-purpose use. If you need adjustments or additional refinements, please let me know!

**You said:**

Create the Context Management Guide next to clearly manage future interactions: "How to add/remove customer-specific contexts."

**ChatGPT said:**

Context Management Guide

The **"BrainFrame - Context Management Guide"** is now created and ready for use. Let me know if further adjustments or refinements are required!

**You said:**

Can you add this to the bottom? \*\*Customer Name:\*\* [e.g. Durham University] \*\*Project Focus:\*\* [e.g. NAC & Segmentation] \*\*Key Objectives:\*\* [e.g. Simplification, automation, visibility] \*\*Tone Preference:\*\* [e.g. Concise, technical, vendor-verified] \*\*Exclusions:\*\* [e.g. No assumptions without validation]

**ChatGPT said:**

Context Management Guide

**🟢 BrainFrame - Context Management Guide**

**✅ Purpose**

To clearly manage the addition and removal of customer-specific contexts, ensuring neutral and consistent interactions.

**🟢 Adding Customer-Specific Contexts**

1. Clearly identify the new customer's name or project.
2. Summarize key requirements, preferences, or guidelines relevant to the interaction.
3. Explicitly mark these details as customer-specific context for clarity.
4. Verify the context entry for accuracy and completeness.

**🟢 Removing or Clearing Contexts**

1. Upon completion of a customer engagement or when context is no longer relevant, clearly identify which contexts are to be removed.
2. Confirm removal to ensure no residual information remains.
3. Conduct a quick validation check:
   * Confirm that no previous customer-specific context persists.
   * Ensure the baseline remains neutral and ready for new interactions.

**✅ Best Practices**

* Regularly perform context checks before starting a new engagement.
* Keep context summaries clear, concise, and relevant.
* Always verify neutrality after context removal to maintain integrity of interactions.

**Customer Name:** [e.g. Durham University]  
**Project Focus:** [e.g. NAC & Segmentation]  
**Key Objectives:** [e.g. Simplification, automation, visibility]  
**Tone Preference:** [e.g. Concise, technical, vendor-verified]  
**Exclusions:** [e.g. No assumptions without validation]

Edited Context Management Guide

The additional customer context template has been appended successfully. Let me know if there's anything else you'd like to adjust!

**You said:**

Excellent — you're building momentum, so let's continue naturally with the \*\*next core piece of the BrainFrame system\*\*: --- ## 🟢 \*\*BrainFrame – Enhancement Modules Framework\*\* These are \*\*optional tools\*\* that plug into the core BrainFrame baseline when extra functionality is needed — without disrupting the clean, neutral foundation. --- ### ✅ Purpose To define and organize optional modules that can be activated per use-case to enhance BrainFrame’s capabilities. --- ### 🧩 \*\*Core Enhancement Modules\*\* | Module Name | Description | Activation Use-Cases | |-----------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------| | \*\*Prompt Templates\*\* | Predefined prompt formats for sales, technical, or strategic interactions | Sales calls, tenders, strategic docs | | \*\*Advanced Context Handling\*\*| Deep integration with complex or layered context (e.g., universities with multiple projects) | Long-term engagements, complex stakeholders | | \*\*Analytics & Reporting\*\* | Structured summaries, performance tracking, and custom reporting outputs | Project reviews, value reporting, executive updates | | \*\*Insight Capture Module\*\* | Captures insights or value points during interactions in real time | Coaching, learning, knowledge building | | \*\*Feedback Loop Tracker\*\* | Allows ongoing input/reflection to improve process and content over time | Continuous improvement, strategic iteration | | \*\*Value Alignment Checker\*\* | Matches activities or ideas against defined values or strategic goals | Alignment reviews, value-driven decisions | | \*\*Energy-Based Planning\*\* | Adjusts workload or tasks based on focus, energy, or mental state | Productivity sessions, weekly reviews, pacing strategy | --- ### ✅ Module Usage Guidelines - Modules are \*\*off by default\*\* and only activated when specifically requested or defined per context. - Always clarify: - Purpose of activation - Expected output or improvement - Deactivation criteria (when to turn it off) --- ### 🛠️ Module Activation Template

markdown

\*\*Module to Activate:\*\* [e.g. Insight Capture Module]

\*\*Purpose:\*\* [e.g. Capture key takeaways during Durham onboarding]

\*\*Expected Output:\*\* [e.g. Structured insights at end of each session]

\*\*Duration/When to Disable:\*\* [e.g. Until onboarding phase complete]

--- Would you like to now move forward with: 1. 🟢 \*\*Shadow Planner Weekly Template\*\* – To structure the light-touch rhythm of daily/weekly BrainFrame use? 2. 🟢 \*\*Use Case Activation Guides\*\* – Short instructions for using BrainFrame in key scenarios (sales, onboarding, discovery)? 3. 🛑 Or pause and consolidate here for now? Let me know — and I’ll roll right into the next item.

**ChatGPT said:**

Here's the complete **BrainFrame – Enhancement Modules Framework** structured clearly for easy implementation and use:

Enhancement Modules Framework

**🟢 BrainFrame – Enhancement Modules Framework**

**✅ Purpose**

To define and organize optional modules that can be activated per use-case to enhance BrainFrame’s capabilities.

**🧩 Core Enhancement Modules**

|  |  |  |
| --- | --- | --- |
| **Module Name** | **Description** | **Activation Use-Cases** |
| **Prompt Templates** | Predefined prompt formats for sales, technical, or strategic interactions | Sales calls, tenders, strategic docs |
| **Advanced Context Handling** | Deep integration with complex or layered context (e.g., universities with multiple projects) | Long-term engagements, complex stakeholders |
| **Analytics & Reporting** | Structured summaries, performance tracking, and custom reporting outputs | Project reviews, value reporting, executive updates |
| **Insight Capture Module** | Captures insights or value points during interactions in real time | Coaching, learning, knowledge building |
| **Feedback Loop Tracker** | Allows ongoing input/reflection to improve process and content over time | Continuous improvement, strategic iteration |
| **Value Alignment Checker** | Matches activities or ideas against defined values or strategic goals | Alignment reviews, value-driven decisions |
| **Energy-Based Planning** | Adjusts workload or tasks based on focus, energy, or mental state | Productivity sessions, weekly reviews, pacing strategy |

**✅ Module Usage Guidelines**

* Modules are **off by default** and only activated when specifically requested or defined per context.
* Always clarify:
  + Purpose of activation
  + Expected output or improvement
  + Deactivation criteria (when to turn it off)

**🛠️ Module Activation Template**

**Module to Activate:** [e.g. Insight Capture Module]  
**Purpose:** [e.g. Capture key takeaways during Durham onboarding]  
**Expected Output:** [e.g. Structured insights at end of each session]  
**Duration/When to Disable:** [e.g. Until onboarding phase complete]

The **BrainFrame – Enhancement Modules Framework** is now clearly structured and ready for use.

Please let me know how you'd like to proceed:

1. 🟢 **Shadow Planner Weekly Template**
2. 🟢 **Use Case Activation Guides**
3. 🛑 **Pause and consolidate**

I'm ready to continue with your next choice!

**You said:**

Brilliant — let’s move right into the \*\*Shadow Planner Weekly Template\*\*, which gives your BrainFrame system a \*\*lightweight rhythm\*\* to maintain clarity, focus, and momentum without becoming rigid. --- ## 🟢 \*\*BrainFrame – Shadow Planner Weekly Template\*\* ### ✅ Purpose To maintain structured awareness, reflection, and alignment across your workweek — supporting clarity without pressure. --- ### 🗓️ Weekly Flow Overview | Day | Focus Area | Description | |------------|--------------------------------------------------|-----------------------------------------------------------------------------| | \*\*Monday\*\* | \*\*Start the Week\*\* | - Reconnect with BrainFrame (Why / What / How) - Review open loops or key priorities - Set 1–3 meaningful goals for the week | | \*\*Wednesday\*\* | \*\*Midweek Calibration\*\* | - Check momentum: What’s working / what’s blocked? - Adjust plans or focus based on energy or opportunity | | \*\*Friday\*\* | \*\*End of Week Reflection\*\* | - Reflect on what progressed and why - Capture any learnings, insights, or patterns - Reset or park anything unfinished | --- ### ✅ Optional Daily Prompts (Use if helpful) | Prompt Type | Example Questions | |---------------------|----------------------------------------------------------------------------------| | \*\*Start-of-Day\*\* | - What matters most today? - What’s one decision or action that moves things forward? | | \*\*Mid-Day Reset\*\* | - Am I still aligned with my plan or purpose today? - Is anything draining energy unnecessarily? | | \*\*End-of-Day\*\* | - What felt good or productive? - What needs to be parked or captured for tomorrow? | > Use these prompts only when helpful — they are \*\*optional insight cues\*\*, not tasks. --- ### 🧠 Shadow Planner Principles - \*\*Clarity without pressure\*\* — structure is supportive, not restrictive. - \*\*Open-ended where needed\*\* — you can skip, adapt, or ignore depending on the week. - \*\*Anchored in your BrainFrame\*\* — revisit your WHY / WHAT / HOW when energy dips or clarity fades. --- Would you like to: 1. 🟢 Proceed to \*\*Use Case Activation Guides\*\* (sales, strategy, onboarding)? 2. ✅ Review/consolidate everything so far? 3. ➕ Add a \*\*Daily Planner Template\*\* or quick-access sidebar format? Let me know how you'd like to keep building.

**ChatGPT said:**

Here's your ready-to-use **BrainFrame – Shadow Planner Weekly Template**, structured for clarity, simplicity, and adaptable momentum:

Shadow Planner Weekly

**🟢 BrainFrame – Shadow Planner Weekly Template**

**✅ Purpose**

Maintain structured awareness, reflection, and alignment across your workweek, supporting clarity without pressure.

**🗓️ Weekly Flow Overview**

|  |  |  |
| --- | --- | --- |
| **Day** | **Focus Area** | **Description** |
| **Monday** | **Start the Week** | - Reconnect with BrainFrame (Why / What / How) |

- Review open loops or key priorities

- Set 1–3 meaningful goals for the week |

| **Wednesday** | **Midweek Calibration** | - Check momentum: What’s working / what's blocked?  
- Adjust plans or focus based on energy or opportunity | | **Friday** | **End of Week Reflection** | - Reflect on what progressed and why  
- Capture any learnings, insights, or patterns  
- Reset or park anything unfinished |

**✅ Optional Daily Prompts**

|  |  |
| --- | --- |
| Prompt Type | Example Questions |
| **Start-of-Day** | - What matters most today? |

- What’s one decision or action that moves things forward? |

| **Mid-Day Reset** | - Am I still aligned with my plan or purpose today?  
- Is anything draining energy unnecessarily? | | **End-of-Day** | - What felt good or productive?  
- What needs to be parked or captured for tomorrow? |

*(Use these prompts only when helpful—they're optional insight cues, not tasks.)*

**🧠 Shadow Planner Principles**

* **Clarity without pressure** — structure supports rather than restricts.
* **Open-ended where needed** — adapt, skip, or ignore depending on the week.
* **Anchored in BrainFrame** — revisit your WHY / WHAT / HOW when clarity fades or energy dips.

The **BrainFrame – Shadow Planner Weekly Template** is now ready and structured clearly for regular use.

Would you like to:

1. 🟢 Proceed directly to the **Use Case Activation Guides**?
2. ✅ Take a moment to review/consolidate everything so far?
3. ➕ Add a **Daily Planner Template** or quick-access sidebar format?

Let me know your preference to maintain our momentum!

**You said:**

You're in full flow — let's build the \*\*Use Case Activation Guides\*\* next. These short guides show how to apply BrainFrame to common professional scenarios like sales, strategy, and onboarding. --- ## 🟢 \*\*BrainFrame – Use Case Activation Guides\*\* ### ✅ Purpose To provide lightweight, scenario-based prompts that activate BrainFrame in specific workflows while staying aligned to the baseline. --- ### 🧩 \*\*Use Case 1: Sales Discovery Calls\*\* \*\*Objective:\*\* Clarify customer needs, connect value to strategy, and guide next steps. \*\*How to Use BrainFrame:\*\*

markdown

- Activate: [Prompt Template] + [Insight Capture Module]

- Begin with: “What strategic goal is this tied to?”

- Use ‘WHY → WHAT → HOW’ structure to map their needs.

- End with: Clear summary of value, decisions, and next action.

--- ### 🧩 \*\*Use Case 2: Strategic Planning Sessions\*\* \*\*Objective:\*\* Help customers or teams clarify long-term goals and build aligned plans. \*\*How to Use BrainFrame:\*\*

markdown

- Activate: [Value Alignment Checker] + [Feedback Loop Tracker]

- Start with: “What does success look like in 6–12 months?”

- Use BrainFrame to map strategy across WHY, WHAT, HOW.

- Output: Strategic summary with aligned initiatives and risks.

--- ### 🧩 \*\*Use Case 3: Customer Onboarding\*\* \*\*Objective:\*\* Set the tone, expectations, and value path for a new engagement. \*\*How to Use BrainFrame:\*\*

markdown

- Activate: [Advanced Context Handling] + [Prompt Templates]

- Start by entering a clean customer context profile.

- Use BrainFrame to establish shared goals and engagement rhythm.

- Output: Onboarding doc + weekly cadence setup (Shadow Planner style).

--- ### 🧩 \*\*Use Case 4: Internal Team Enablement\*\* \*\*Objective:\*\* Align team members to common goals, roles, and operating style. \*\*How to Use BrainFrame:\*\*

markdown

- Activate: [Enhancement Modules] as needed (especially Insight Capture)

- Use BrainFrame to help each person define their WHY, WHAT, HOW.

- Output: Shared team view of purpose, strengths, and rhythm.

--- ### ✅ Activation Tip: For each use case, simply trigger:

markdown

\*\*Use Case Activated:\*\* [Name]

\*\*Modules Required:\*\* [List modules, e.g., Insight Capture, Prompt Template]

\*\*Outcome Expected:\*\* [Strategic clarity, onboarding setup, etc.]

--- Would you like to: 1. 🟢 Create a \*\*Sidebar Quick Reference Sheet\*\* for all BrainFrame commands and prompts? 2. ✅ Review and consolidate everything built so far into a clean system view? 3. ➕ Add a \*\*Customer Engagement Lifecycle\*\* showing when to use each BrainFrame layer? Let me know — this system is now nearly ready for full deployment.

**ChatGPT said:**

Here is your structured and actionable **BrainFrame – Use Case Activation Guides**, ready for seamless deployment in professional scenarios:

Use Case Activation Guides

**🟢 BrainFrame – Use Case Activation Guides**

**✅ Purpose**

To provide lightweight, scenario-based prompts that activate BrainFrame in specific workflows while staying aligned to the baseline.

**🧩 Use Case 1: Sales Discovery Calls**

**Objective:** Clarify customer needs, connect value to strategy, and guide next steps.

**How to Use BrainFrame:**

- Activate: [Prompt Template] + [Insight Capture Module]

- Begin with: “What strategic goal is this tied to?”

- Use ‘WHY → WHAT → HOW’ structure to map their needs.

- End with: Clear summary of value, decisions, and next action.

**🧩 Use Case 2: Strategic Planning Sessions**

**Objective:** Help customers or teams clarify long-term goals and build aligned plans.

**How to Use BrainFrame:**

- Activate: [Value Alignment Checker] + [Feedback Loop Tracker]

- Start with: “What does success look like in 6–12 months?”

- Use BrainFrame to map strategy across WHY, WHAT, HOW.

- Output: Strategic summary with aligned initiatives and risks.

**🧩 Use Case 3: Customer Onboarding**

**Objective:** Set the tone, expectations, and value path for a new engagement.

**How to Use BrainFrame:**

- Activate: [Advanced Context Handling] + [Prompt Templates]

- Start by entering a clean customer context profile.

- Use BrainFrame to establish shared goals and engagement rhythm.

- Output: Onboarding doc + weekly cadence setup (Shadow Planner style).

**🧩 Use Case 4: Internal Team Enablement**

**Objective:** Align team members to common goals, roles, and operating style.

**How to Use BrainFrame:**

- Activate: [Enhancement Modules] as needed (especially Insight Capture)

- Use BrainFrame to help each person define their WHY, WHAT, HOW.

- Output: Shared team view of purpose, strengths, and rhythm.

**✅ Activation Tip:**

For each use case, simply trigger:

\*\*Use Case Activated:\*\* [Name]

\*\*Modules Required:\*\* [List modules, e.g., Insight Capture, Prompt Template]

\*\*Outcome Expected:\*\* [Strategic clarity, onboarding setup, etc.]

The **BrainFrame – Use Case Activation Guides** are fully prepared for immediate use.

Would you like to proceed next with:

1. 🟢 Creating a **Sidebar Quick Reference Sheet**?
2. ✅ Reviewing and consolidating everything built so far into a comprehensive system overview?
3. ➕ Adding a **Customer Engagement Lifecycle** framework to outline when and how to apply each BrainFrame layer?

Let me know your next step preference!

**You said:**

Awesome — let’s build the \*\*BrainFrame – Sidebar Quick Reference Sheet\*\* next. This acts like your \*\*command center\*\*: a fast-access cheat sheet of how to trigger BrainFrame features during live work sessions, calls, or document creation. --- ## 🟢 \*\*BrainFrame – Sidebar Quick Reference Sheet\*\* ### ✅ Purpose A lightweight, high-speed reference for activating BrainFrame elements in real time — whether you're in a customer meeting, working on strategy, or prepping a document. --- ### 🔹 \*\*Core Activation Commands\*\* | Command | What It Does | |----------------------------------|--------------------------------------------------------------| | Activate BrainFrame | Loads the clean baseline (WHY / WHAT / HOW) | | Start Shadow Planner | Begins structured daily/weekly rhythm | | Enter Context | Adds customer-specific info (use template) | | Clear Context | Resets BrainFrame to neutral baseline | | Check Neutrality | Confirms no residual or conflicting context remains | --- ### 🔹 \*\*Enhancement Module Triggers\*\* | Command | Effect/Use Case | |--------------------------------------|---------------------------------------------------------------| | Enable Prompt Template: [type] | Loads a predefined format (Sales, Strategic, Technical) | | Enable Insight Capture | Begins real-time insight recording | | Enable Advanced Context Handling | Enables layered/complex multi-project context | | Enable Analytics Module | Summarizes, reports, or tracks performance | | Enable Feedback Loop | Tracks lessons learned and evolving needs | | Enable Value Alignment | Aligns decisions to values or goals | | Enable Energy-Based Planning | Adjusts tasks based on energy/focus states | --- ### 🔹 \*\*Quick Prompts for Use Cases\*\* | Use Case | Suggested Command Sequence | |----------------------------|---------------------------------------------------------------------| | \*\*Sales Discovery\*\* | Activate BrainFrame → Enable Prompt Template: Sales → Capture Insight | | \*\*Strategic Planning\*\* | Activate BrainFrame → Enable Value Alignment → Enable Feedback Loop | | \*\*Customer Onboarding\*\* | Activate BrainFrame → Enter Context → Enable Advanced Context Handling | | \*\*Team Coaching\*\* | Activate BrainFrame → Enable Insight Capture → Enable Shadow Planner | --- ### 🔹 \*\*Templates At-a-Glance\*\* #### ➕ Context Template

markdown

\*\*Customer Name:\*\*

\*\*Project Focus:\*\*

\*\*Key Objectives:\*\*

\*\*Tone Preference:\*\*

\*\*Exclusions:\*\*

#### ➕ Module Activation Template

markdown

\*\*Module to Activate:\*\*

\*\*Purpose:\*\*

\*\*Expected Output:\*\*

\*\*Duration / Deactivation Criteria:\*\*

--- ### 🧠 Final Tip: Use this reference in split view, pinned next to your live ChatGPT Pro session — it becomes your \*\*real-time command dashboard\*\*. --- Would you like to: 1. ✅ Now consolidate everything into a \*\*Master BrainFrame System Map\*\*? 2. ➕ Add a \*\*Customer Engagement Lifecycle Timeline\*\* that visually maps where each BrainFrame part fits from intro to project close? 3. 📄 Export a PDF version or formatted document for offline use? You're nearly at full system deployment — just let me know how you want to wrap this phase.

**ChatGPT said:**

Here's your clear and structured **BrainFrame – Sidebar Quick Reference Sheet**, ready for immediate and efficient use:

Sidebar Reference Sheet

**🟢 BrainFrame – Sidebar Quick Reference Sheet**

**✅ Purpose**

A lightweight, high-speed reference for activating BrainFrame elements in real time during meetings, strategy sessions, or document preparation.

**🔹 Core Activation Commands**

|  |  |
| --- | --- |
| **Command** | **What It Does** |
| Activate BrainFrame | Loads the clean baseline (WHY / WHAT / HOW) |
| Start Shadow Planner | Begins structured daily/weekly rhythm |
| Enter Context | Adds customer-specific info (use template) |
| Clear Context | Resets BrainFrame to neutral baseline |
| Check Neutrality | Confirms no residual or conflicting context remains |

**🔹 Enhancement Module Triggers**

|  |  |
| --- | --- |
| Command | Effect/Use Case |
| Enable Prompt Template: [type] | Loads predefined format (Sales, Strategic, Technical) |
| Enable Insight Capture | Begins real-time insight recording |
| Enable Advanced Context Handling | Enables complex multi-project context |
| Enable Analytics Module | Summarizes/reports/tracks performance |
| Enable Feedback Loop | Tracks lessons learned and evolving needs |
| Enable Value Alignment | Aligns decisions to values or goals |
| Enable Energy-Based Planning | Adjusts tasks based on energy/focus states |

**🔹 Quick Prompts for Use Cases**

|  |  |
| --- | --- |
| Use Case | Suggested Command Sequence |
| **Sales Discovery** | Activate BrainFrame → Enable Prompt Template: Sales → Enable Insight Capture |
| **Strategic Planning** | Activate BrainFrame → Enable Value Alignment → Enable Feedback Loop |
| **Customer Onboarding** | Activate BrainFrame → Enter Context → Enable Advanced Context Handling |
| **Team Coaching** | Activate BrainFrame → Enable Insight Capture → Start Shadow Planner |

**🔹 Templates At-a-Glance**

**➕ Context Template**

\*\*Customer Name:\*\*

\*\*Project Focus:\*\*

\*\*Key Objectives:\*\*

\*\*Tone Preference:\*\*

\*\*Exclusions:\*\*

**➕ Module Activation Template**

\*\*Module to Activate:\*\*

\*\*Purpose:\*\*

\*\*Expected Output:\*\*

\*\*Duration / Deactivation Criteria:\*\*

**🧠 Final Tip:**

Use this reference pinned next to your live ChatGPT Pro session for a real-time command dashboard experience.

The **BrainFrame – Sidebar Quick Reference Sheet** is now created and ready for immediate use.

To finalize your system deployment, would you like to:

1. ✅ Consolidate everything into a **Master BrainFrame System Map**?
2. ➕ Add a **Customer Engagement Lifecycle Timeline** for visual clarity?
3. 📄 Export a formatted version for offline use?

Let me know how you'd like to wrap up or proceed next!

**You said:**

Perfect — let’s \*\*consolidate everything into a clean, structured Master System Map\*\* that shows how all the BrainFrame components fit together. --- ## 🧠 \*\*BrainFrame – Master System Map\*\* \*\*Your Complete Modular Framework for Strategic Clarity, Context, and Flow\*\* --- ### 1️⃣ \*\*Baseline Core\*\* | Component | Description | |----------------------------|-----------------------------------------------------------------------------| | \*\*WHY (Purpose & Values)\*\* | Anchors intention, focus, and identity | | \*\*WHAT (Roles & Strengths)\*\* | Defines contribution style, outputs, and talents | | \*\*HOW (Cognitive & Behavioural Style)\*\* | Explains thinking, learning, and communication style | | \*\*Shadow Planner\*\* | Weekly rhythm: Start – Midweek – Friday Reflection | | \*\*Verification & Validation\*\* | Ensures neutrality, quality, and alignment to baseline | --- ### 2️⃣ \*\*Context Management Layer\*\* | Function | Purpose | |----------------------------|------------------------------------------------------------------------------| | \*\*Add Context\*\* | Bring in customer/project-specific detail using the template | | \*\*Clear Context\*\* | Remove context cleanly, reset to baseline | | \*\*Neutrality Checks\*\* | Confirm there’s no leakage or residual context | | \*\*Context Management Guide\*\* | Documented steps and template usage for smooth transitions | --- ### 3️⃣ \*\*Enhancement Modules (Optional Tools)\*\* | Module Name | What It Adds | |---------------------------|-------------------------------------------------------------------------------| | \*\*Prompt Templates\*\* | Structured prompts (Sales, Strategy, Technical, etc.) | | \*\*Advanced Context Handling\*\* | Supports complex, multi-project environments | | \*\*Insight Capture Module\*\* | Records learnings, themes, ideas live in sessions | | \*\*Analytics & Reporting\*\* | Generates summaries, patterns, value-based reports | | \*\*Feedback Loop Tracker\*\* | Iterative improvement through observations and reactions | | \*\*Value Alignment Checker\*\* | Aligns actions to strategic or personal values | | \*\*Energy-Based Planning\*\* | Adjusts workload based on energy and focus states | --- ### 4️⃣ \*\*Use Case Activation Layer\*\* | Use Case | Trigger Sequence | |--------------------------|-------------------------------------------------------------------------------| | \*\*Sales Discovery\*\* | Activate BrainFrame → Sales Prompt → Insight Capture | | \*\*Strategic Planning\*\* | Activate BrainFrame → Value Alignment → Feedback Loop | | \*\*Customer Onboarding\*\* | Activate BrainFrame → Enter Context → Advanced Context Handling | | \*\*Team Enablement\*\* | Activate BrainFrame → Insight Capture → Shadow Planner | --- ### 5️⃣ \*\*Quick Access Tools\*\* | Tool | Description | |---------------------------|------------------------------------------------------------------------------| | \*\*Sidebar Reference Sheet\*\* | All commands, triggers, modules, and templates in one view | | \*\*Activation Templates\*\* | For context entry and module usage | | \*\*Daily Prompt Cues\*\* | Optional self-alignment and reflection questions | --- ### ✅ Suggested Naming Structure (in ChatGPT Pro) | Document/Chat Name | Purpose | |----------------------------------------|----------------------------------------------| | BrainFrame - Baseline (Validated) | Clean system foundation | | BrainFrame - Context Management | Guide for handling customer/project context | | BrainFrame - Enhancement Modules | Overview of optional add-on tools | | BrainFrame - Shadow Planner | Weekly rhythm and daily prompt suggestions | | BrainFrame - Use Case Guides | Sales, onboarding, strategic use activation | | BrainFrame - Quick Reference Sheet | Fast-access dashboard of commands/tools | | BrainFrame - Master System Map | This full consolidation document | --- ### 🏁 You're Ready to Use BrainFrame System-Wide Would you like me to now: 1. 📄 Generate a \*\*PDF version\*\* of the \*\*BrainFrame Master System Map\*\* for download? 2. 📁 Create a \*\*numbered document version in Canvas\*\* for long-term refinement? 3. 🧩 Begin a \*\*Customer Engagement Lifecycle Timeline\*\*, showing when to activate each part? Let me know which next action you’d prefer — you’ve done brilliantly here.

**ChatGPT said:**

Here's your clean and structured **BrainFrame – Master System Map**, consolidating all the system components into a comprehensive modular framework:

Brainframe System Map

**🧠 BrainFrame – Master System Map**

**Your Complete Modular Framework for Strategic Clarity, Context, and Flow**

**1️⃣ Baseline Core**

|  |  |
| --- | --- |
| **Component** | **Description** |
| **WHY (Purpose & Values)** | Anchors intention, focus, and identity |
| **WHAT (Roles & Strengths)** | Defines contribution style, outputs, and talents |
| **HOW (Cognitive & Behavioural)** | Explains thinking, learning, and communication style |
| **Shadow Planner** | Weekly rhythm: Start – Midweek – Friday Reflection |
| **Verification & Validation** | Ensures neutrality, quality, and alignment to baseline |

**2️⃣ Context Management Layer**

|  |  |
| --- | --- |
| Function | Purpose |
| **Add Context** | Add customer/project-specific details (template) |
| **Clear Context** | Remove context, reset to baseline |
| **Neutrality Checks** | Confirm no leakage or residual context |
| **Context Management Guide** | Documented steps for smooth transitions |

**3️⃣ Enhancement Modules (Optional)**

|  |  |
| --- | --- |
| Module Name | What It Adds |
| **Prompt Templates** | Structured prompts (Sales, Strategy, Technical, etc.) |
| **Advanced Context Handling** | Complex, multi-project environments |
| **Insight Capture Module** | Records learnings and ideas live |
| **Analytics & Reporting** | Summaries, patterns, value-based reports |
| **Feedback Loop Tracker** | Iterative improvement through observations |
| **Value Alignment Checker** | Aligns actions to strategic values |
| **Energy-Based Planning** | Adjusts workload based on energy/focus |

**4️⃣ Use Case Activation Layer**

|  |  |
| --- | --- |
| Use Case | Trigger Sequence |
| **Sales Discovery** | Activate BrainFrame → Sales Prompt → Insight Capture |
| **Strategic Planning** | Activate BrainFrame → Value Alignment → Feedback Loop |
| **Customer Onboarding** | Activate BrainFrame → Enter Context → Advanced Handling |
| **Team Enablement** | Activate BrainFrame → Insight Capture → Shadow Planner |

**5️⃣ Quick Access Tools**

|  |  |
| --- | --- |
| Tool | Description |
| **Sidebar Reference Sheet** | Commands, triggers, modules, templates in one view |
| **Activation Templates** | Context entry and module usage |
| **Daily Prompt Cues** | Optional reflection and alignment questions |

**✅ Suggested Naming Structure (ChatGPT Pro)**

|  |  |
| --- | --- |
| Document/Chat Name | Purpose |
| BrainFrame - Baseline | Clean system foundation |
| BrainFrame - Context Management | Customer/project context guide |
| BrainFrame - Enhancement Modules | Optional add-on tools |
| BrainFrame - Shadow Planner | Weekly/daily rhythm structure |
| BrainFrame - Use Case Guides | Activation for sales, onboarding, strategy |
| BrainFrame - Quick Reference | Fast-access commands and tools |
| BrainFrame - Master System Map | Comprehensive system overview |

Answer in chat instead

Your **BrainFrame – Master System Map** is fully consolidated and ready for deployment.

How would you like to wrap this up?

1. 📄 Generate a **PDF version** for offline use.
2. 📁 Create a **numbered document version in Canvas** for long-term refinement.
3. 🧩 Begin creating the **Customer Engagement Lifecycle Timeline**.

Let me know your preferred next action—excellent work getting to this stage!