**01 - 05 - Key Capabilities Summary**

**Purpose of This Document**

This document summarises the **practical capabilities** of BrainFrame — what it actually enables you to do.

It gives you a preview of the specific strengths the system brings once active.

**Capability 1: Clear Internal Framework**

BrainFrame helps you:

* Define your purpose, values, and strengths (Framework / SelfFrame)
* Articulate how you work best
* Build a stable reference point for decisions and action

**Capability 2: Aligned Weekly Rhythm**

Using the Shadow Planner, you can:

* Start each week with clarity
* Midweek check-in for drift or energy drop
* Reflect and reset every Friday
* Spot patterns and adapt over time

**Capability 3: Decision Support System**

With prompts, reflections, and AI interaction:

* Make faster, more confident decisions
* Spot misalignment or hesitation before it becomes blockage
* Ask better questions — and get sharper answers

**Capability 4: Insight-to-Action Pipeline**

Every insight has a clear path to action:

* Use the Checklist Generator
* Track drift and correct early
* Plan with energy, not just urgency

**Capability 5: Self-Configuring AI Interface**

Teach AI to:

* Understand your SelfFrame
* Prompt you reflectively
* Help translate system insight into useful outputs

This transforms AI into a true thinking companion — not just a task assistant.

**Capability 6: Continuous Evolution**

The system:

* Grows with you
* Captures your shifts in thinking
* Helps you evolve your patterns, systems, and priorities without burning it all down

**Outcome:** You gain a **thinking environment** that evolves with you, reflects who you are, and supports meaningful progress.

**Section 1 Complete.** You’re now ready to build your system — starting with [02 - 01 - 01 - Framework Overview.docx].