**05-02 Modular Templates Folder**

BrainFrame includes a growing set of modular templates designed to support quick-start use, repeatable systems, and lightweight scaffolding for deep thinking.

These templates are flexible, non-linear, and adaptable to individual needs.

**Categories of Templates**

1. **Daily / Weekly Routines**
   * Morning Calibration
   * End of Day Check-In
   * Weekly Reflection & Reset
2. **Clarity & Planning**
   * Decision-Making Map
   * Clarity Snapshot
   * Project Pre-Mortem
3. **Emotional & Mental State**
   * Energy Tracker
   * Tension Mapping Grid
   * Self-Talk Decoder
4. **Meta & Perspective**
   * Pattern Insight Loop
   * Role Reframing Exercise
   * Timeline Zoom-Out
5. **AI Companion Flows**
   * Socratic Dialogue Sequence
   * Coaching Prompt Ladder
   * Thought Expansion Flow

**Template Format**

Each template includes:

* Title & Purpose
* When to Use
* Core Sections / Prompts
* Optional Variants
* Tone Calibration Tips

Templates are not meant to become rigid habits — they are meant to be **tools for agency, insight, and reflection**.

Users can:

* Customise existing templates
* Combine modules to create new ones
* Save personal templates in their own folder

This folder evolves with you.