**06-05 Snapshot Archive Folder**

This folder acts as the historical memory vault of your BrainFrame system.

It stores regular “snapshots” of key reflections, configurations, prompts, and thought states — allowing you to revisit, learn from, and evolve your inner system with clarity.

**What to Snapshot**

* SelfFrame versions
* Weekly Shadow Planner summaries
* Major decision logs
* Clarity snapshots during transitions
* AI configuration profiles

**Suggested Snapshot Cadence**

| **Frequency** | **Use Cases** |
| --- | --- |
| Weekly | Planning, tension patterns, insight arcs |
| Monthly | Reflection summaries, SelfFrame evolution |
| Milestone | Project start/end, personal transitions |
| Manual (any) | High-insight moments or turning points |

**Metadata to Include per Snapshot**

* Date
* Snapshot Type
* Modules included
* User context (roles, energy, focus)
* Notes or meaning tags (e.g. “burnout”, “breakthrough”)

**Benefits**

* Builds a visible timeline of growth
* Surfaces hidden cycles or shifts
* Enables comparison of past vs present states
* Creates a sense of narrative continuity

Think of this folder not as storage — but as a **mirror archive of who you were, when you were becoming who you are.**