**08-01 Intro Guide for New Users**

Welcome to BrainFrame — your thinking partner, clarity engine, and reflective system.

This guide is designed to give you a smooth, meaningful start. No overwhelm. Just momentum.

**What BrainFrame Is**

* Not an app. Not a productivity hack.
* It’s a system for **seeing your thoughts**, tracking your growth, and making aligned decisions — supported by AI.

**What You’ll Use It For**

* Thinking clearly when life gets complex
* Designing your week with purpose
* Making better decisions with less stress
* Reflecting meaningfully — and acting with insight

**How to Begin (Simple Start Path)**

1. **Pick One Prompt**

Try: “What do I actually need right now?”

1. **Choose One Module**

Start with the **Shadow Planner** or **Prompt Library**

1. **Set Your Tone**

Do you want gentle nudges or clear structure? Pick your vibe.

1. **Use Once Per Day**

Morning calibration or end-of-day check-in works best

**Principles to Remember**

* No pressure to “do it right” — this is yours to shape
* Your thinking style is welcome — chaotic, structured, visual, or emotional
* You don’t need to fill everything in. You just need to show up

**Optional Tools**

* Shadow Planner (track energy, tension, and flow)
* SelfFrame (map who you are and how you grow)
* AI Companion (talk things through, reflect, ideate)

**First Reflection Prompt**

*“What do I want this system to do for me — really?”*

You’re not behind. You’re right on time.

**Welcome in. Let’s think clearly — together.**