**02 - 07 - 02 - Prompt Library**

**Purpose of This Library**

This is your prompt vault for interacting with AI in a way that reflects your SelfFrame and supports your BrainFrameOS system.

It’s not about clever tricks — it’s about asking the right questions in your voice, for your system.

**Reflection Prompts**

* “What patterns are emerging in my recent notes?”
* “Where might I be drifting from my SelfFrame?”
* “What am I avoiding that could unlock progress?”
* “Can you help me surface insights from this week’s planner?”
* “Which actions are aligned vs reactive this week?”

**Planning Prompts**

* “Based on my energy this week, what would be a smart way to plan it?”
* “What roles do I need to lean into this week?”
* “How can I protect deep work without overloading?”
* “Help me translate this clarity into a checklist.”

**Decision Prompts**

* “What decision best aligns with my Why?”
* “Which option supports my sustainable momentum?”
* “What would each path look like if I played it out?”
* “What’s the fear behind this hesitation — and is it valid?”

**Debugging Prompts**

* “Something feels off in my system — can we unpack it?”
* “Which tool might be creating friction?”
* “Can you help me run a system drift check?”

**Expression Prompts**

* “Can you help me articulate my mission in clearer language?”
* “Let’s rewrite my SelfFrame in a simpler voice.”
* “Summarise this idea like I would say it out loud.”

**Tip:** Combine these prompts with:

* Weekly Planner outputs
* Shadow Notes reflections
* Validation Logs

This is your voice — extended. Keep evolving it.