**02 - 01 - 01 - Framework Overview**

**Purpose of This Document**

This document introduces the foundational structure that underpins the BrainFrame system: the Framework. It outlines the key pillars of personal system architecture — **Why**, **What**, and **How** — and explains how they interact to create clarity, direction, and momentum.

**What Is a Framework?**

A Framework is a structured snapshot of your internal operating system. It connects your purpose, your roles, and your working style into a unified reference point. The Framework is the most essential component of BrainFrame — everything else builds on this.

It answers:

* **Why** you do what you do (Purpose, values, internal motivation)
* **What** you are here to build or become (Roles, strengths, outcomes)
* **How** you naturally think, work, and grow (Cognitive and behavioural style)

**The Three Core Layers**

**1. WHY – Purpose & Values**

* Your inner mission and the contribution that matters to you
* Core values that drive your motivation and meaning
* The deeper ‘why’ behind your choices, direction, and energy

**2. WHAT – Roles & Strengths**

* The unique roles you are here to play in the world
* Your signature strengths, talents, and ways of creating value
* The work, impact, or outputs that feel most meaningful to you

**3. HOW – Cognitive & Behavioural Style**

* How your mind works (thinking patterns, attention, processing style)
* How you best operate in real life (rhythms, environment, systems)
* Your learning style, growth cycles, and operating preferences

**Why the Framework Matters**

* Without a clear Framework, personal systems tend to drift, feel overwhelming, or become disconnected from what matters.
* With a Framework, every tool, planner, prompt, or decision becomes easier to align.
* It is not about locking yourself in — it’s about **anchoring yourself in clarity** so you can adapt with purpose.

**How This Fits in BrainFrame**

The Framework is the first thing defined in the system because it informs everything else:

* Your **SelfFrame** is a personal version of this Framework
* The **Shadow Planner** uses your Framework to guide weekly reflection and planning
* The **AI Interaction Layer** uses your Framework to adapt ChatGPT to your style
* All enhancement tools align back to your Framework to avoid drift

**Next:** Complete the Framework Template in [02 - 01 - 02 - Framework Template.docx] to define your own.

You can revisit and revise your Framework at any point — but defining a first version is what activates the rest of the system.