**08-02 How to Build Your SelfFrame**

The SelfFrame is your personal operating system — a living snapshot of who you are, how you think, what drives you, and what holds you back.

It’s not a personality test. It’s a reflective tool designed to:

* Increase self-awareness
* Align decision-making
* Track how you evolve over time

**Step 1: Name Your Current Roles**

Who are you showing up as? Parent, builder, leader, learner?

**Step 2: Identify Core Drivers**

What motivates you? Try:

* Contribution
* Freedom
* Progress
* Belonging
* Mastery

Pick 2–4 that resonate. Add your own if needed.

**Step 3: Map Current Tensions**

What’s pulling you in opposite directions?

* Stability vs Change
* Speed vs Depth
* Focus vs Freedom

Tensions are not problems. They’re signals.

**Step 4: Note Cognitive & Emotional Style**

How do you process the world?

* Visual / Verbal / Spatial / Narrative
* Fast-switcher / Deep-diver / Parallel-thinker
* Empathic / Analytical / Cyclical

**Step 5: Define Energy Zones**

When do you feel most alive? What drains you?

Use a simple quadrant:

* High Energy + High Meaning
* High Energy + Low Meaning
* Low Energy + High Meaning
* Low Energy + Low Meaning

**Step 6: Choose Your Growth Theme**

What’s the arc right now?

* Becoming more \_\_\_\_\_\_\_\_\_\_\_ ?
* Letting go of \_\_\_\_\_\_\_\_\_\_\_ ?
* Learning to \_\_\_\_\_\_\_\_\_\_\_ ?

Once complete, your SelfFrame becomes a reflection anchor — visible to you, usable by the AI, and evolving with your journey.

**Know your frame. Shape your path.**