**02 - 01 - 02 - Framework Template**

**Purpose of This Template**

This template helps you define your own Framework — the foundation of your personal system. It captures your **Why**, **What**, and **How** so that everything else you do can align to it.

Use it as a living document. It can evolve, but it starts by anchoring your system in clarity.

**🧭 WHY — Purpose & Values**

* **My deeper mission:** (e.g. “To unlock progress that matters to people and the world.”)
* **Core values that guide me:** 1. 2. 3.
* **What matters most to me:** (e.g. Contribution, growth, autonomy, creativity, connection...)

**🛠️ WHAT — Roles & Strengths**

* **Key roles I play in life/work:** 1. 2. 3.
* **My strongest abilities / traits:** (e.g. Systems thinking, empathy, strategy, teaching, storytelling...)
* **What I am here to build or become:** (e.g. A trusted guide, a builder of solutions, a clear thinker...)

**⚙️ HOW — Cognitive & Behavioural Style**

* **How I think:** (e.g. Fast-moving, visual, pattern-oriented, curious, associative...)
* **How I work best:** (e.g. In sprints, with freedom, using visuals, with external feedback...)
* **My growth and reflection rhythms:** (e.g. Weekly reviews, idea mapping, deep conversations, journaling...)

**Final Notes**

* There are no wrong answers — this is your Framework.
* Be honest and clear. The more real this is, the more powerful the system becomes.
* You can revisit and refine this over time.

**Next:** Move on to the SelfFrame Template in [02 - 02 - 01 - SelfFrame Template.docx] to build a more detailed version of your Framework that integrates with the BrainFrame system.