**02 - 02 - 02 - Sample SelfFrames**

**Purpose of This Document**

This document provides real examples of completed SelfFrames to help you understand how the template can be used. These are not “ideal answers” — they are *honest reflections* of how different people think, work, and grow.

**🧠 Sample 1: The Integrator-Thinker**

* **Mission:** To connect people, systems, and ideas to unlock sustainable progress.
* **Top Values:** Clarity, Growth, Contribution
* **Roles:** Guide, Builder, Strategist
* **Strengths:** Systems thinking, pattern recognition, empathy
* **Style:** Verbal-visual, reflective, fast-moving, purpose-driven
* **Thrives with:** Autonomy, clarity, purpose

**🧠 Sample 2: The Creative Catalyst**

* **Mission:** To spark energy and possibility in others through creativity.
* **Top Values:** Freedom, Inspiration, Connection
* **Roles:** Creator, Facilitator, Visionary
* **Strengths:** Storytelling, ideation, emotional intelligence
* **Style:** Associative, intuitive, expressive, energetic
* **Thrives with:** Space to explore, emotional resonance, collaboration

**🧠 Sample 3: The Practical Organizer**

* **Mission:** To bring order and consistency that enables others to flourish.
* **Top Values:** Reliability, Service, Excellence
* **Roles:** Operator, Coordinator, Enabler
* **Strengths:** Structure, planning, dependability
* **Style:** Sequential, methodical, calm, consistent
* **Thrives with:** Clear plans, predictable environments, feedback

**How to Use These Examples**

* Don’t copy — adapt. Use them to reflect on what resonates with you.
* Notice the tone: these are practical and human, not academic or forced.
* Your SelfFrame is valid if it *feels true* and helps you operate with clarity.

**Next:** Move on to [02 - 03 - 01 - BrainFrameOS Overview.docx] to understand how your Framework and SelfFrame fit into the full system.