**02 - 03 - 02 - System Walkthrough Guide**

**Purpose of This Guide**

This guide walks you through **how to activate and use BrainFrameOS**, step by step. It shows how each part fits together and when to use which component.

Think of this as your **orientation manual**.

**Step 1: Define Your System**

Start by creating your Framework and SelfFrame:

* Use [02 - 01 - 02 - Framework Template.docx] to define your Why / What / How
* Use [02 - 02 - 01 - SelfFrame Template.docx] to build out your personal operating system

These form the foundation of everything else.

**Step 2: Activate Your Weekly Rhythm**

Use the Shadow Planner to:

* Set intention at the start of each week
* Stay grounded in your Framework during the week
* Reflect and realign every Friday

Refer to [02 - 04 - 01 - Shadow Planner Guide.docx] for setup.

**Step 3: Add the Tools You Need**

Choose from a modular toolbox:

* Checklist Generator
* System Drift Detector
* Energy Planner
* Process Review Worksheet

Pick the ones that support how you think and work best. (See 02 - 05 series for each tool.)

**Step 4: Establish Validation Loops**

Use prompts and review logs to:

* Check alignment weekly
* Catch system drift early
* Build trust in your process

See:

* [02 - 06 - 01 - Weekly Validation Prompts.docx]
* [02 - 06 - 02 - Review Log Template.docx]

**Step 5: Configure Your AI Layer**

Teach ChatGPT (or another AI) to understand you:

* Load in your SelfFrame
* Use the prompt libraries
* Ask it to reflect *with* you, not just generate answers

See:

* [02 - 07 - 01 - AI Configuration Guide.docx]
* [02 - 07 - 02 - Prompt Library.docx]

**Final Notes**

* This system is modular — build it at your pace.
* The goal is clarity, momentum, and alignment — not perfection.
* You can come back to this guide any time you feel stuck, misaligned, or ready to expand.

You're not building a productivity system. You're building a **thinking environment that evolves with you**.