

SECOND BRAIN AND AI

***OUR MIND IS FOR HAVING
IDEAS, NOT FOR HOLDING
THEM***

David Allan



CREDITS TO

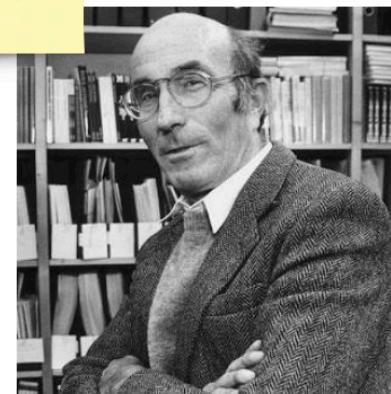
Sebastian Kamilli



Tiago
Forte



Niklas
Luhmann



Sönke
Ahrens



ABOUT ME

- ⭐ Second Brain builder since 2022
- ⭐ Course Designer, Agile Coach, Product Coach, Systemic Coach, Developer
- ⭐ Working out loud in my [Digital Garden](#) 

TODAY WE LOOK AT

Sebastian Kamilli



- ★ Basic Concepts of a Second Brain
- ★ Connected with AI

LET'S LOOK AT A SECOND BRAIN

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Demo Time

CONCEPT C-O-D-E

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The CREATIVE Process

CAPTURE

Tiago Forte | Silly strokes

Sebastian Kamilli

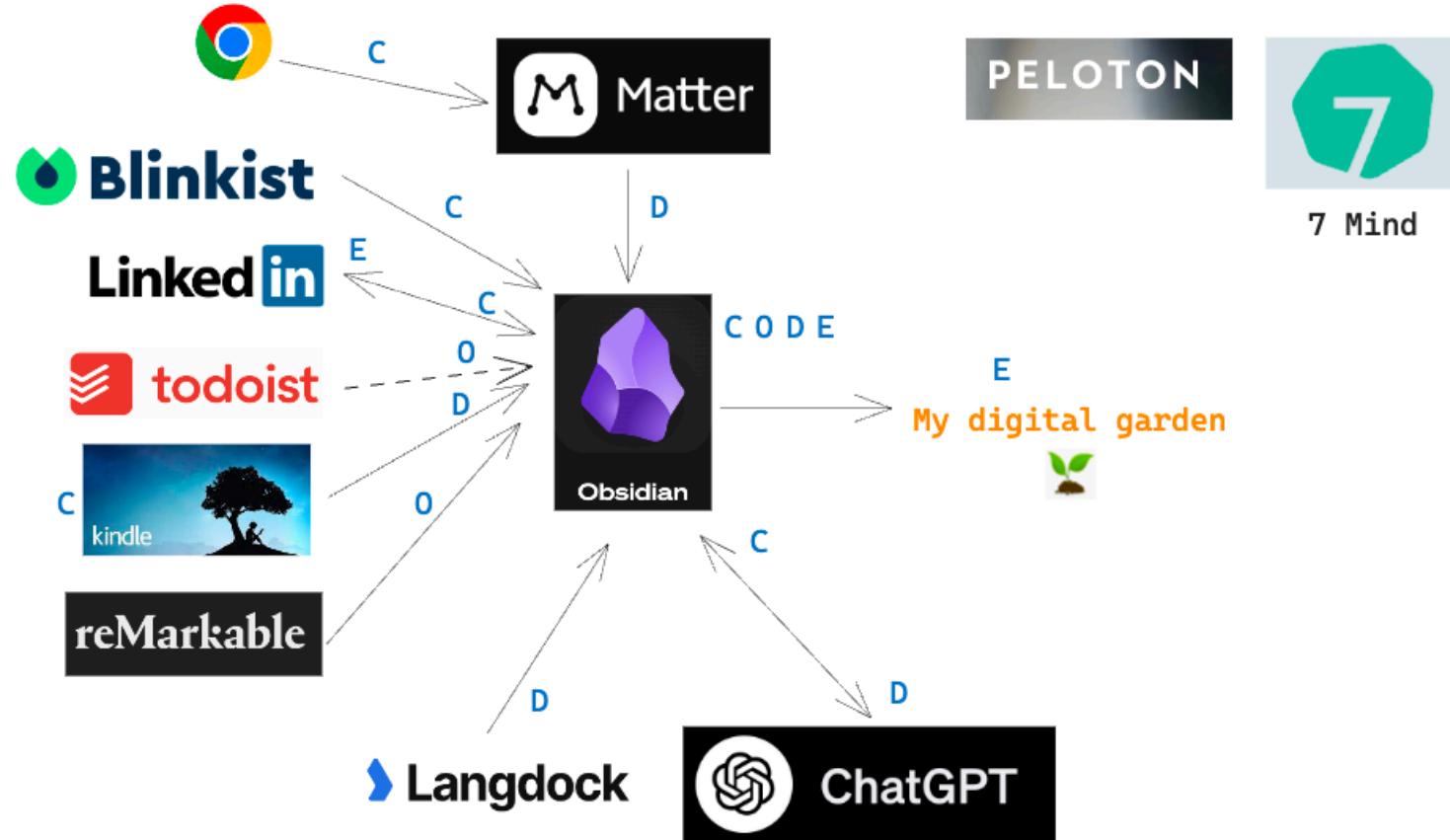
You explore ideas and

You make decisions,



Second Brain
(by Tiago Forte)

(C)apture (O)rganize (D)istill (E)xpress



ORGANIZE - P.A.R.A

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Flow of notes by actionability



image created by Tiago Forte [ForteLabs](#)

ORGANIZE - MAP OF CONTENT (MOC)

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MOC Building a 2nd brain

Attribution

Thanks to [Tiago Forte](#) ↗ for the inspiration with your **Building a 2nd brain** movement and your rich set of description, your amazing book and all your love and efforts you put into this topic.

Building a 2nd brain in a nutshell - [Visual Notes](#) [8]

[Building a Second Brain - Insights](#) [5] - insights from [Building a Second Brain - Tiago Forte](#) [5]

CODE - Capture-Organize-Distill-Express

Capture

- [BASB - Learning about Capture](#) [10]
- [BASB - My ways to capture to my Second Brain](#) [4]

Organize - PARA

- [A perfect organizational system](#) [3]
- [Para Blog by Tiago Forte](#) [14]
- [PARA Method Notes](#) [12]
- [BASB - Learning about Organize](#) [5]

Distill

- [BASB - Learning about Distill](#) [6]

Book Summarization

- [How to take Digital Notes](#) [2]
- [Progressive Summarization](#) [20]
- [Write a book summary](#) [4]
- [Create an outline](#) [5]

DISTILL

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Make a present to your future self

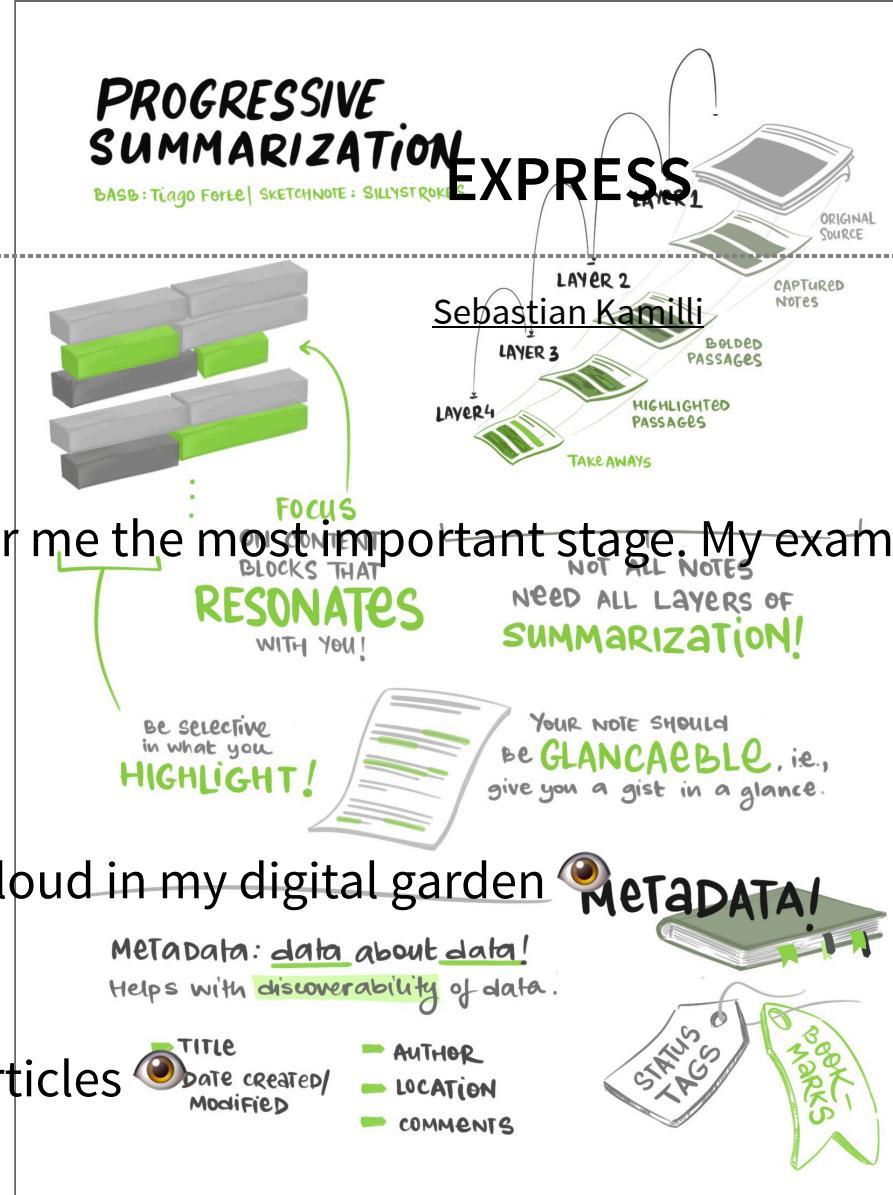
★ Leverage AI summarization

★ Do progressive summarization

DISTILL

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★ Working out loud in my digital garden

★ Write daily articles

★ Designed many successful leadership courses and workshops

LEVERAGE AI TOGETHER WITH MY SECOND BRAIN

Sebastian Kamilli



- ★ Let's look at Smart Connection 🌐
- ★ How work with Midjourney and Leverage instructions 🌐
- ★ How I feed Custom GPTs with data from my Second Brain

NEXT?!

Speaker notes

Sebastian Kamilli

