

AMPLIFY YOUR

SECOND BRAIN  **AND**

DIGITAL GARDEN 

WITH AI



ABOUT ME

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

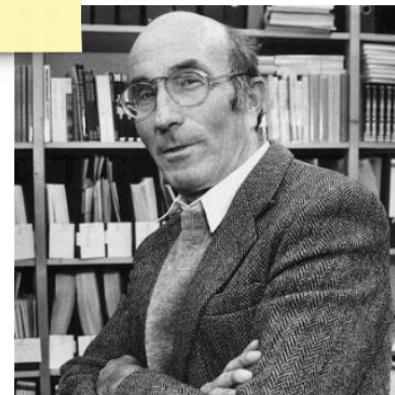


CREDITS TO

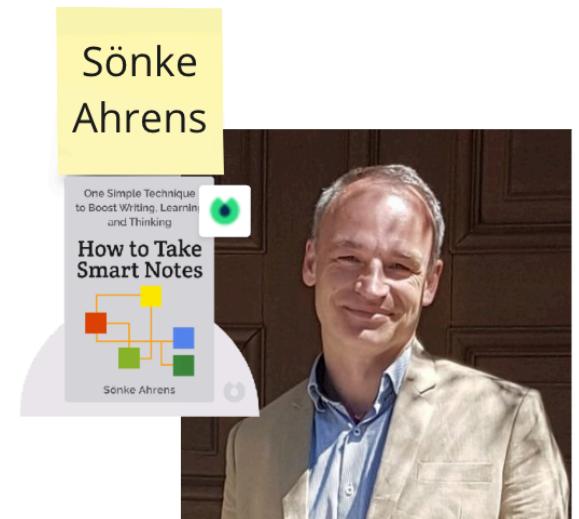
Tiago
Forte



Niklas
Luhmann



Sönke
Ahrens



TODAY WE LOOK AT

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



LET'S LOOK AT A SECOND BRAIN

Demo Time

Sebastian Kamilli



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



David Allan

Sebastian Kamilli





***WHAT WOULD BE DIFFERENT IF
YOU COULD RETRIEVE ALL YOUR
LEARNINGS ON THE SPOT?***



LET'S LOOK AT OBSIDIAN - MY SECOND BRAIN FOUNDATION

Demo Time

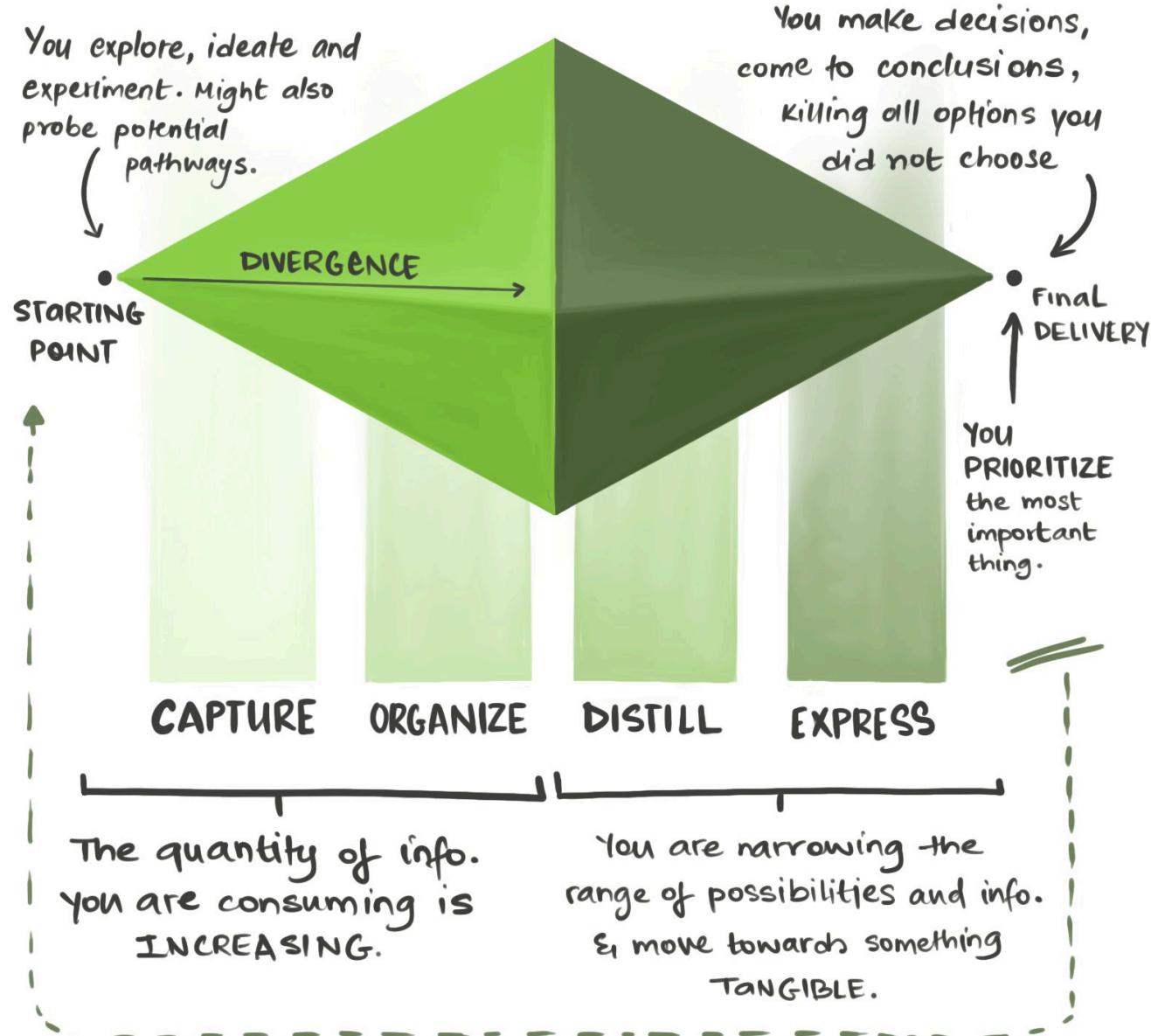
Sebastian Kamilli



CONCEPT C-O-D-E

The CREATIVE Process

Tiago Forte | Sillystrokes



Sebastian Kamilli



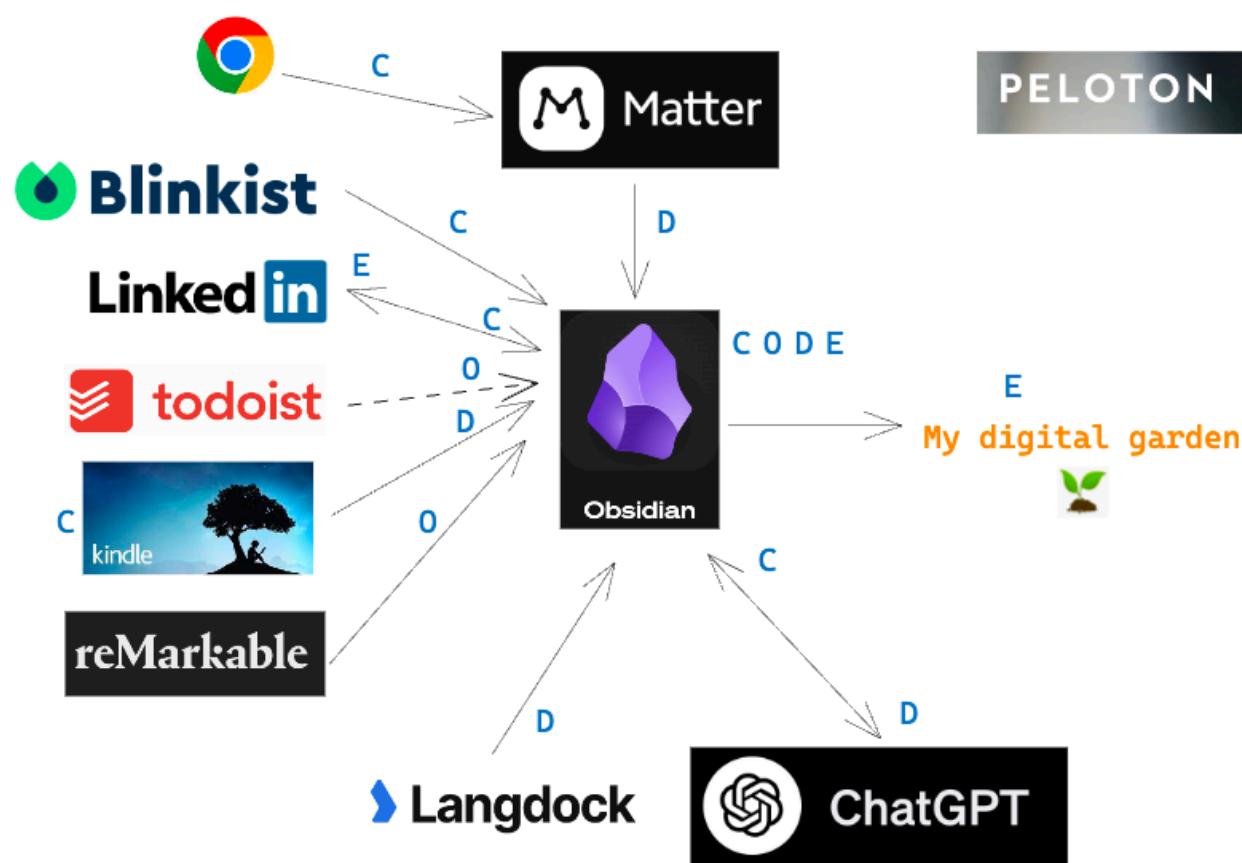
💡 *How do you currently **capture** information?*



CAPTURE

Second Brain
(by Tiago Forte)

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





What will you try for capturing information?



ORGANIZE - MAP OF CONTENT (MOC)

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]



ORGANIZE - P.A.R.A

Flow of notes by actionability

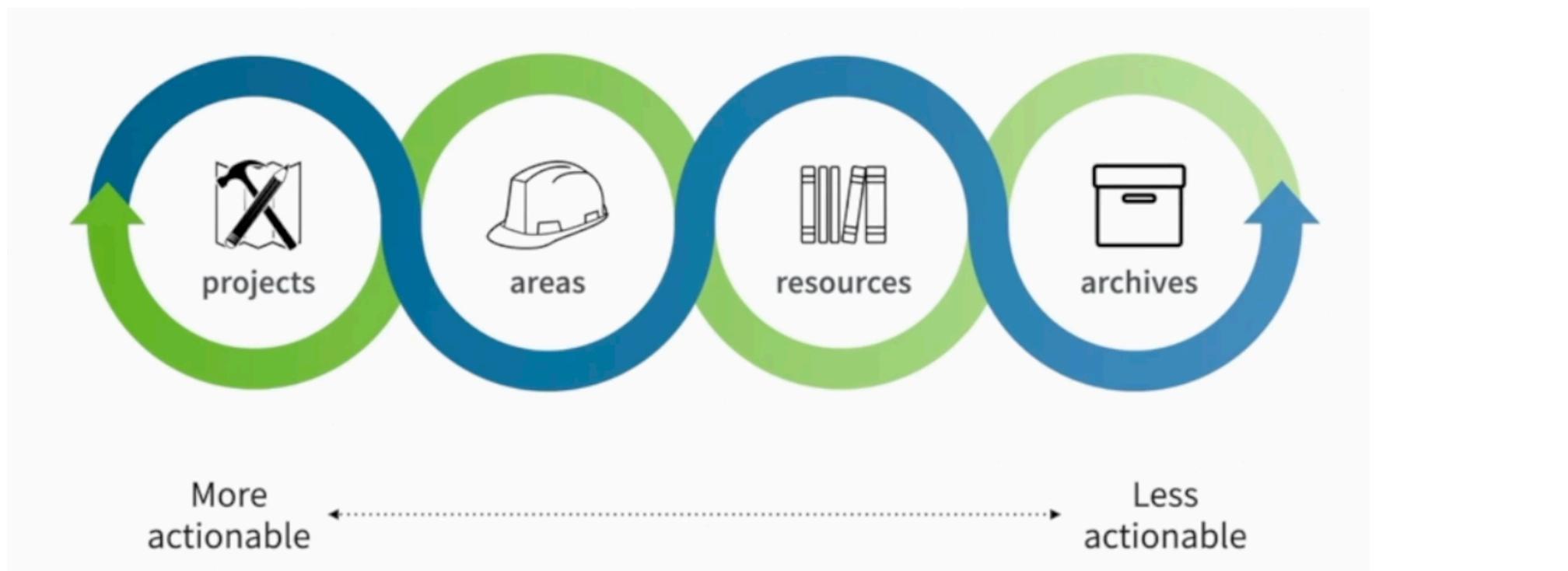


image created by Tiago Forte [ForteLabs](#)



💡 *How do you currently **distill** information?*



DISTILL

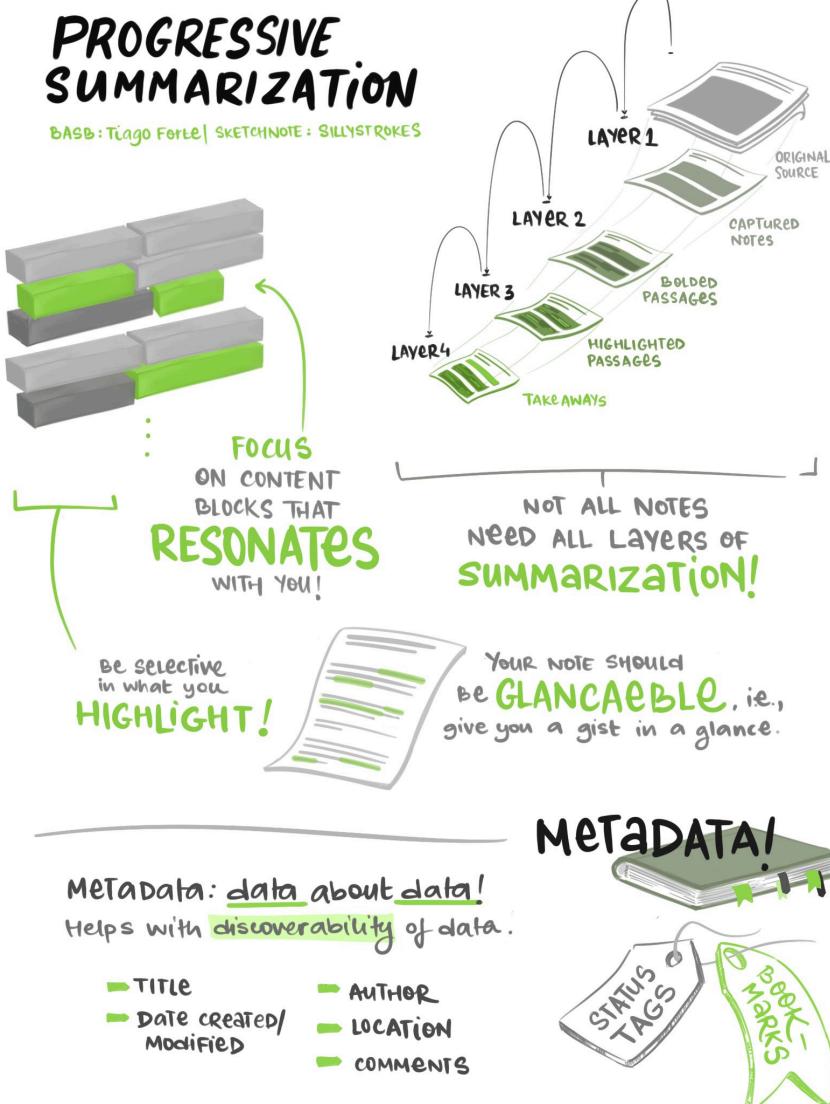
Make a present to your future self

★ Leverage AI summarization

★ Do progressive summarization



DISTILL



Sebastian Kamilli



EXPRESS

For me the most important stage. My examples

- ★ Working out loud in my digital garden 
- ★ Write daily articles 
- ★ Designed many successful leadership courses and workshops



✍️ *What do you want to express?*

👉 *What information do you already have to get it started?*



LEVERAGE AI TOGETHER WITH MY SECOND BRAIN

⭐ Let's look at Smart Connection 🐙

⭐ How I work with Midjourney and leverage
instructions 🐙



EXTEND

- ★ What list of current projects would benefit from a more integrated management of information?
- ★ How would growing a Digital Garden help you to connect with others?
- ★ What do you imagine this could grow into in the next years?



DEEP DIVE?!

- ★ Join a [free Blinkist Space](#) around BASB
- ★ [Building a Second Brain](#)
- ★ Visit me in my [Digital Garden](#)  and dive deeper
- ★ Connect with me in [LinkedIn](#) - where I write about Smart Learning daily



REFINE

What would be different for you, when you could retrieve all your learnings on the spot?

What was in it for you that can bring you one step closer to faster retrieval ?



PERFORM

What is ONE thing that you will explore or
implement in the next 48 hours?

