



FRAME × FRAME ACADEMY

Build Your Second Brain — Setup Guide

An AI memory that gets smarter every day. (This is TradeBrain.)

THE SHIFT

- Saving content = a graveyard of screenshots.
- A second brain = knowledge you can ASK.

THE 3 LAYERS

- CAPTURE — one place everything goes (share-to-save).
- PROCESS — AI transcribes + breaks down + files by topic.
- RECALL — ask in plain English, it pulls the answer.

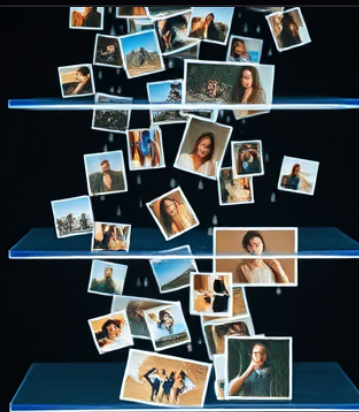


FIG 01 THE 3 LAYERS — capture from your phone, AI processes + files it, you recall with a plain-English question.

THE SIMPLE VERSION (START HERE)

- A folder of .md files your agent reads first: memory.md, tasks.md, notes.md.
- That's it — memory is just files the agent reads on

THE SCALED VERSION

- Add a vector database (qdrant) for semantic search across thousands of items.
- Add a gateway so phone + apps can feed + query it.



FIG 02

START SMALL, SCALE UP — memory begins as 3 text files; the vector database grows it into thousands of searchable nodes.

► **Start with 3 .md files today. Watch your AI stop repeating itself.**