

// BUILT FOR BUSY, BRILLIANT, FORGETFUL BRAINS

Second brain cheat sheet.

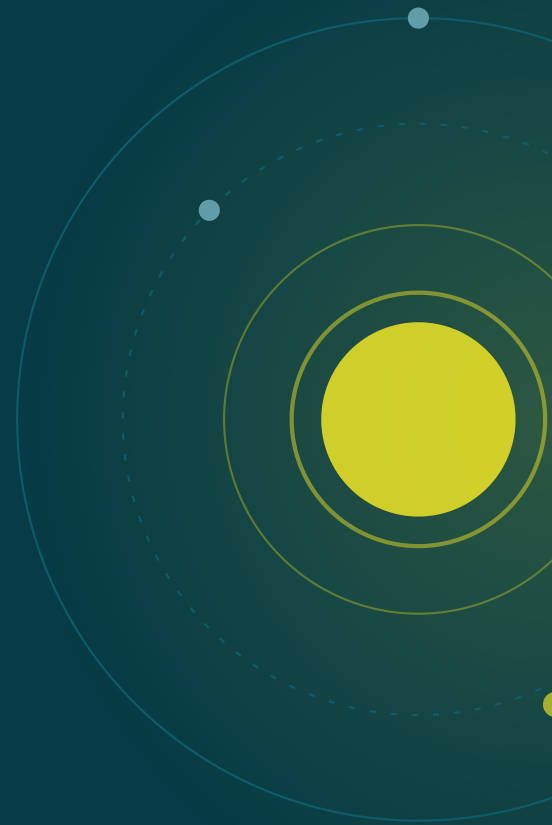
by Beck Power

What an AI second brain does for a busy, brilliant, forgetful brain, the seven pieces you need to build one, and the fastest way to get it running. Made for ADHD, autistic and otherwise-wired people who are tired of losing good ideas in the shower.

WHERE TO BUILD IT

This cheat sheet shows you what you need. **Freedom Stack**, my Skool community, is where you build it: the 7-Day Assistant Challenge, step-by-step videos and Frankie, my AI assistant. Look for the **IN FREEDOM STACK** tags.

skool.com/beckpower →



Your brain is for having ideas. **Not holding them.**

That brilliant idea in the shower is gone by the time you're dressed. You've got 47 tabs open, in your browser and in your head. And then the 11pm spiral: did I reply to that email, or did I just think about replying?

If your brain is wired differently, it's worse. Working memory holds less and drops it faster. Out of sight really is out of mind. Everything shouts at the same volume, so nothing gets done. That's an infrastructure problem. Discipline was never going to fix it.

A second brain is an external system that remembers so you don't have to. You dump everything in. AI sorts it. You ask, and it's there. Here are the seven pieces you need, and what each one does for you.

01 **A plan for your assistant**

Most people open an AI tool, start typing, and wonder why it feels generic. Before you build anything, you need to know what you want off your plate: where your week goes, which jobs drain you, and whether you want help making things, running things, or both.

IN FREEDOM STACK

A guided interview that finds your top 5 tasks to hand off and the one to start with.

02 **The right foundation**

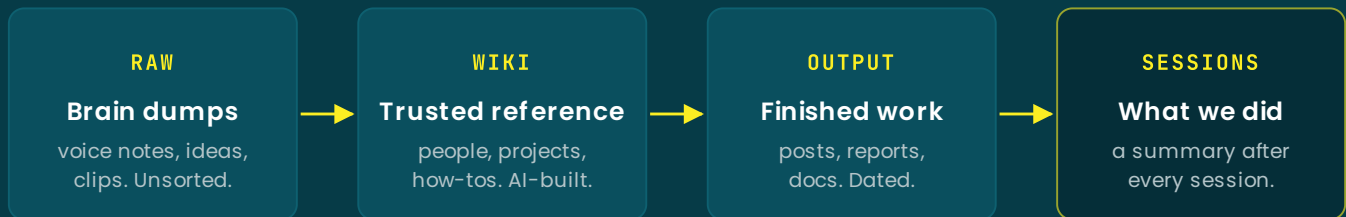
Your assistant is only as useful as what it can reach. It needs to live on your laptop and your phone, remember you between conversations, and connect to the tools you already use: calendar, email, tasks, notes.

IN FREEDOM STACK

Every switch and connection, walked through on video. Fiddly the first time. Painless with a guide.

A second brain it can read

This is where it stops being generic AI and starts being *yours*. You need one place your assistant can read and write, split into four zones with one job each:



You also need **librarian skills**: routines that save, organise and file every session, so your assistant always knows what you worked on last time. Without them, every conversation starts from zero and you end up explaining yourself all over again.

IN FREEDOM STACK

We set up the librarian skills together in the 7-Day Assistant Challenge. In the Frankie App they're already set up for you.

Memory that works like a person's

Your assistant keeps what matters and lets the rest fade.

PERMANENT

Who you are

Your identity, voice and preferences. Never fades.

ACTIVE

What's in flight

Current projects, decisions, open loops. Fades as it goes stale.

PATTERNS

How you work

Habits it picks up about you over time.

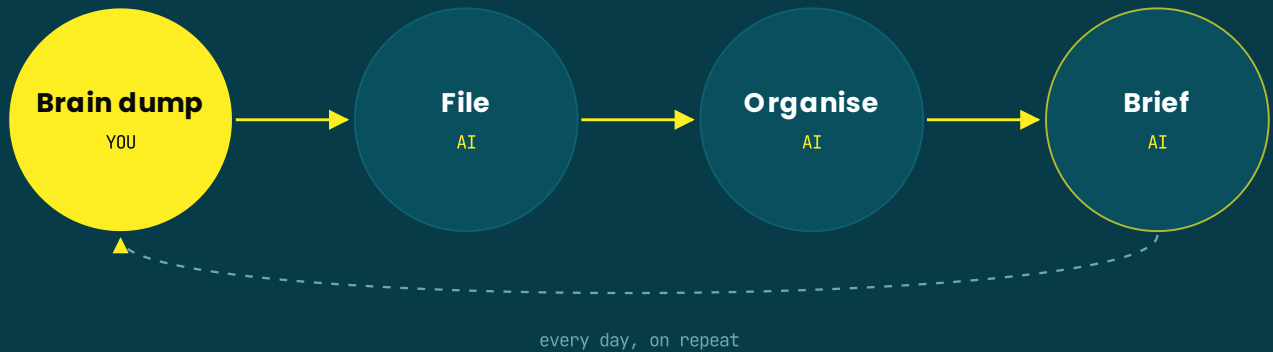


Having a second brain to remember stuff for me is a complete game changer!

EMMA HAMMOND • FREEDOM STACK MEMBER

A loop that runs itself

A second brain you have to maintain is one more thing to forget. You need a daily loop where your only job is the first step.



That means skills that file your brain dumps, turn messy notes into clean reference pages, and brief you every morning on what's on, what's overdue and what matters. Once the loop runs, any job you repeat can become a one-phrase routine too.

IN FREEDOM STACK

The core skills come ready to run, plus how to build your own. Already running in the Frankie App.

Why this works for ND brains

External working memory

The system remembers. You get to think.

No shame in re-asking

It never gets tired of the same question twice.

Calm by design

Top of the list only. Everything else out of the way.

It tidies itself

No notes app you abandon in week two.

05

One dashboard, not eleven apps

You need one screen that runs your day: tasks, content, habits, revenue, clients. The trick for wandering brains is what sits at the top.

TOP OF SCREEN

Your top 3 tasks

Only the three that matter today. The other 37 wait out of sight.

EVERY MORNING

Your briefing

What's on, what's overdue, what's next. No mental maths.

One member keeps her top three in bright pink at the top, "so I don't constantly try to bare-knuckle fight a full list."

06

Content from your own brain

Once your ideas live in one place, your assistant can write from them. Posts in your voice, built from your own thinking, with no blank page. For that it needs to learn how you sound, and you need a simple way to go from idea to published.

IN FREEDOM STACK

We capture your voice and you publish something that same day.

07

Room to grow

Once the foundation's in, every new use is one conversation away: client onboarding, job applications, research, even that Downloads folder you've been avoiding for a year. The system grows with you.

You don't need more discipline. You need a system that **doesn't need discipline.**

Two Frankies. **Pick yours.**

Frankie is the assistant I built to run my own business. There are two ways to have it, and both come with the Frankie tier of Freedom Stack.

YOU BUILD IT

Frankie for Claude

A plugin that turns Claude into your assistant.

- Lives inside the Claude app on your computer
- Your second brain is a folder of notes you own
- Built step by step in the 7-Day Assistant Challenge
- Best if you like to tinker and make it your own

READY TO GO

The Frankie App

Its own app. Nothing to install.

- Open it on your phone or laptop
- Talk to it: voice-first, dashboard built in
- Memory and librarian skills already set up
- Best if you want it working today

One isn't a newer version of the other. Pick the one that fits how you work, or use both.

What members say

"In true ADHD fashion, I've blitzed it this week and am bloody LOVING it!"

FREEDOM STACK MEMBER

"It's made such a difference for me. I've completed every single module. The brain transfer was Epic. I'm addicted."

FREEDOM STACK MEMBER

Start building your second brain.

Join Freedom Stack and start with the free 7-Day Assistant Challenge.

→ skool.com/beckpower