

YOUR AI STARTS EVERY SESSION FROM ZERO → HERE'S THE ONE-FOLDER FIX.

Your Second Brain

starts with one folder · for IT Pros · BA · architect · tester · DBA · support · tech writer.

GATHER YOUR CONTEXT pick 3-5 files you already work from · drop them in your folder, Project, or chat

<p>PROJECT CONTEXT Brief · PRD · roadmap · stakeholder deck · meeting notes · sprint retros.</p>	<p>DECISIONS & STATE Slack / Teams threads · email decisions · last week's status.</p>	<p>PEOPLE & PROCESS Stakeholders · tickets (Jira · Linear · Asana) · SLAs · scope docs.</p>
<p>TECHNICAL SHAPE Diagrams · schemas / data dictionary · API contracts · runbooks.</p>	<p>PERSONAL PATTERNS Your review rubric · status / email / meeting-prep templates.</p>	

RUN THE PROMPT three path-specific versions on the website · pick yours

<code>context-stack-builder.md</code>	path A · B · C → pickbits.ai/sb
"Act as my Context Stack builder."	One role, one job. Keeps the AI from drifting to generic-assistant mode.
"Read only the folder I share. Write only to context-stack/."	Safety contract. No surprise writes anywhere else on your machine.
"Scan silently. Then ask 3-5 short questions in one message."	Inventory before noise; clarification over fabrication.
"Mark uncertain spots [TBD]. Debrief what you skipped."	Visible gaps, not invented confidence. You can trust what's there.

YOUR SECOND BRAIN three files the prompt builds · everything else is bonus

01	IDENTITY.MD rarely changes	Who you are. How you want AI to answer. Your non-negotiables.	context-stack/
02	PROJECT-*.MD weekly	One brief per active project. Goals, status, decisions, stakeholders, deadlines.	context-stack/
03	STATE.MD daily	What you touched today. What's blocked. What's next. This week's working memory.	context-stack/
+	BONUSES grow over time	Wrappers (Path A): CLAUDE.md / AGENTS.md auto-load the three files · patterns/ ; prompt templates · artifacts: code/docs <i>linked</i> from project file (never copied)	project root

KEEP IT FRESH

<p>DAILY LOAD ~ 60 sec</p> <ol style="list-style-type: none"> Open your AI. Path A: wrapper auto-loads. Path B: Project remembers. Path C: drag the three files in. Ask: "load these, tell me where I left off." Work. At session end, update <code>state.md</code> with what happened. 	<p>MONDAY RESET ~ 10 min</p> <ol style="list-style-type: none"> Update each project file with last week's decisions. Archive last week's <code>state.md</code>. Start a fresh one. Prune <code>patterns/</code> – delete anything unused in 30 days. <p>Module 3 (Routines on Desktop) automates this.</p>
---	--