



FREE GUIDE

START YOUR OWN SECOND BRAIN

Give your AI a **memory**.

The exact system I use to run my life — folders, rules, and an AI
that reads them.

made by **tyy** · 16 years old · documenting the whole build
tyycc.com

THE PROBLEM

You can't see outside yourself.

You make the same mistakes every day — because nothing shows you your patterns.
If you can't hit your goals and you want to stay on track, you need a way to see outside yourself.

WITHOUT A SECOND BRAIN

what should I work on today?

It depends! Could you tell me more about your goals, your projects, your schedule...

x it knows nothing. you start over every time.

WITH A SECOND BRAIN

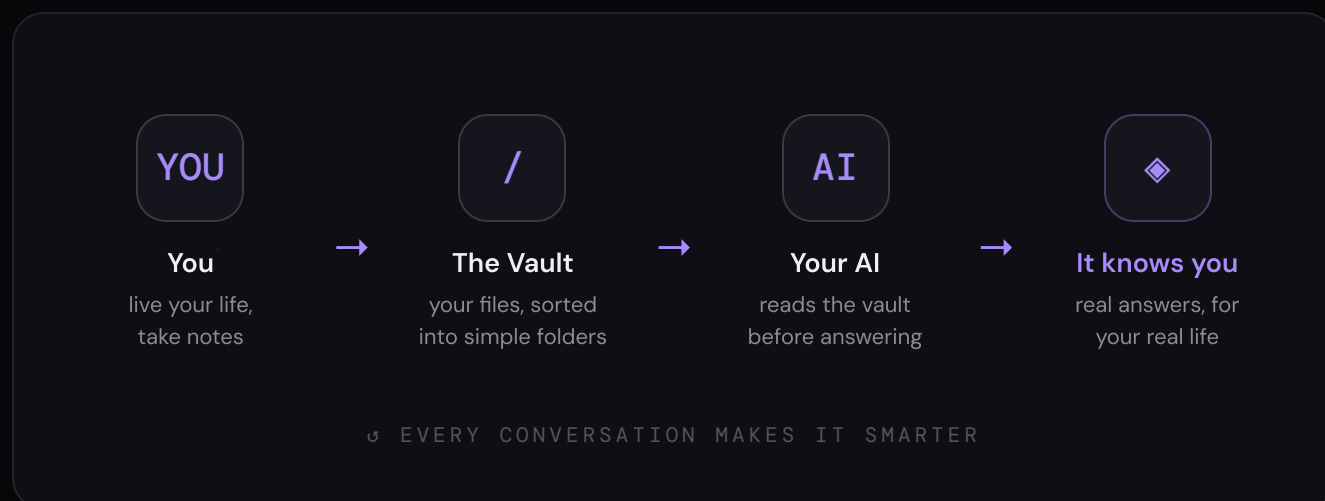
what should I work on today?

Your exam is Friday and your project is 80% done — finish the last feature today, study tonight.

✓ it read your files first. it answers like a friend who remembers.

What is a second brain?

A folder of files about your life — goals, projects, timeline, notes — that your AI reads before it answers you. That's it. Files + AI = memory.



BEFORE YOU START

You need 4 things.

All free, or things you already have.

PC

A computer

Any laptop works. Nothing fancy.

have it

/

Obsidian

A free notes app that stores plain files, on **your** computer. Nothing leaves your machine.

free

AI

An AI that can read files

Best: a terminal AI like **Claude Code** — it reads your whole vault by itself. No terminal? ChatGPT / Claude Projects work too.

free

30

30 minutes

That's the real cost. One sit-down and it exists.

today

Build the vault.

Open Obsidian → make a new vault → create these folders. Numbers keep them in order. Each folder answers one question. This is my real structure:

My Second Brain/

- | 000 Home — your dashboard. what matters right now
- | 100 Me — who you are. goals, values, story
- | 200 Timeline — what happened, by date. your life log
- | 300 Knowledge — things you learn
- | 400 Projects — one file per thing you're building
- | 500 People — friends, family, who matters
- | 700 Patterns — what the AI notices about you over time
- | RAW — the inbox. drop anything here, sort later

◆ Feeling lazy? Start with 3: Me, Projects, RAW. Grow the rest later. A small vault you actually use beats a perfect one you don't.

Feed it your life.

Drop everything into **RAW**. Messy is fine — sorting comes later, and your AI can do the sorting for you.



Old AI chats

ChatGPT & Claude let you export everything



Notes & journals

phone notes, docs, anything you wrote



Your goals

write one page: what do you want?



Your story

one page: where you're from, where you're going



Your projects

one file each: what is it, what's next



Ideas

every idea you don't want to lose



RAW/ — the more you feed it, the better it knows you

Connect an AI to the folder.

This is the unlock. A **terminal AI** (like Claude Code) runs **inside** your vault folder — it can open, read, and write your files by itself. You talk; it handles the files.

```
terminal - my second brain

$ cd "My Second Brain" ← go into your vault folder
$ claude ← start the AI inside it
◆ Read your rulebook. 132 notes loaded.
◆ Your exam is Friday. Project is 80% done. Plan?
> _
```

Claude Code

terminal AI — reads & writes the vault itself. what I use

ChatGPT / Claude app

make a Project → upload your vault files + rulebook

Any other AI

paste your rulebook + key files at the start of a chat

- ◆ **Privacy:** your vault is plain files on **your own machine**. Nothing leaves it until the moment you send a question to an AI — you control what it sees.

Give it the rulebook.

One file that tells the AI how to behave. This is the difference between a chatbot and a second brain. Copy mine — then make it yours:

```
# rulebook.md - my AI's instructions
```

You are my second brain. Follow these rules:

1. Check the vault before answering. My files are the source of truth — read my goals, projects, and timeline first.
2. Never guess about my life. Not sure? Search my files.
Not in the files? Say "I don't know" — do not make it up.
3. Stay objective. Tell me what is true, not what I want to hear. No hype.
4. Save what you learn. New fact about my life → write it into the right file, so you remember it forever.
5. Log big days to the Timeline folder, with the date.
6. On every start: read this file → my goals → active projects.

◆ Using Claude Code? Name this file **CLAUDE.md** and it reads it automatically every time it starts. Rules 1–2 are why it stays accurate: the AI answers from your files, not from guesses.

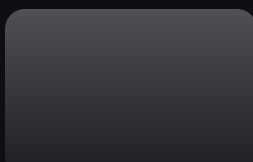
Talk to it every day.

This is the secret. A second brain is not built in one day — it **grows**. Every chat, every note, every logged day compounds.



DAY 1

knows your **name**



WEEK 1

knows your **goals**



MONTH 1

knows your **projects & patterns**



MONTH 3

knows your **whole story** — plans with you

◆ **Daily habit (2 minutes):** end of day, tell your AI what happened. It logs the day to your Timeline. In 3 months you own something nobody can buy — an AI that actually knows you.

Make it work for you.

Once the loop is running, ask the AI to build its own upgrades. You don't need to know how to code — **it writes the code**. Mine did all of these:

01

Auto-sorting script

Ask: "write a script that sorts everything in RAW into the right folders." Now the inbox empties itself every time you start a session.

02

Pattern reports

Ask: "read my timeline. what patterns do you see in me?" It will find things about you that **you can't see yourself** — save them to 700 Patterns.

03

Weekly review

Ask: "compare this week to my goals. what am I avoiding?" Rule 3 (stay objective) makes this honest — sometimes uncomfortably.

04

More agents

One AI becomes a team: one for research, one for code, one texting you like a coach. They all share the same vault — the same memory. **That's where I am now.**

PROOF IT WORKS

This guide was made by my second brain.

Mine has grown past notes — it's a small **team of AI agents** now. They know my whole life, run my tools, and helped write what you just read.



Lumen

the brain — memory, plans, strategy



Luna

research & heavy reading



Vector

writes the code



GymBuddy

my AI fitness coach — lives in iMessage

Instagram

@tyresesig

TikTok

@ty7k1

Everything

tyycc.com

I'm 16. I'm building all of it in public.

Follow the build. Start your vault tonight — future you says thanks. 💎