

**AMPLIFY YOUR  
SECOND BRAIN 🧠 AND  
DIGITAL GARDEN 🌱  
WITH AI 🤖**

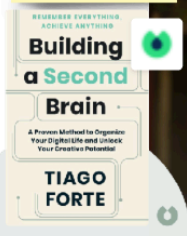
# ABOUT ME

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

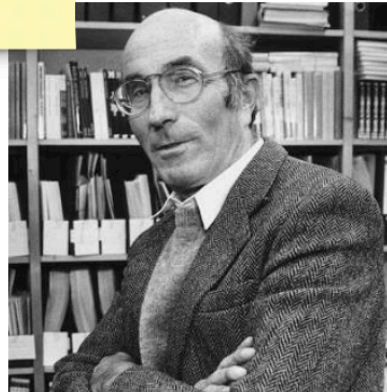


# CREDITS TO

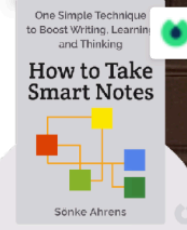
Tiago  
Forte



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



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

*David Allan*



 ***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

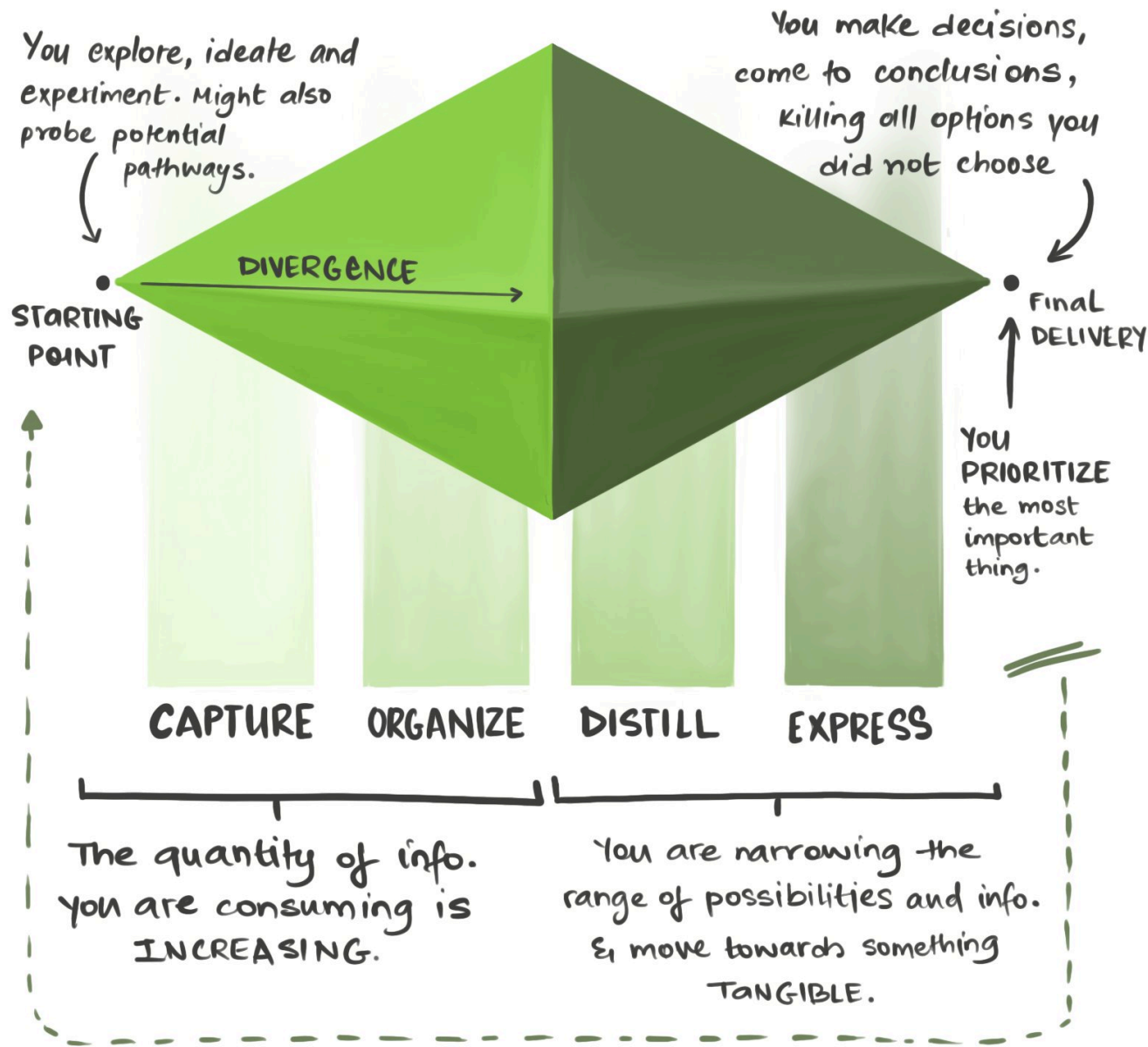




# CONCEPT C-O-D-E

## The CREATIVE Process

Tiago Forte | Sillystrokes



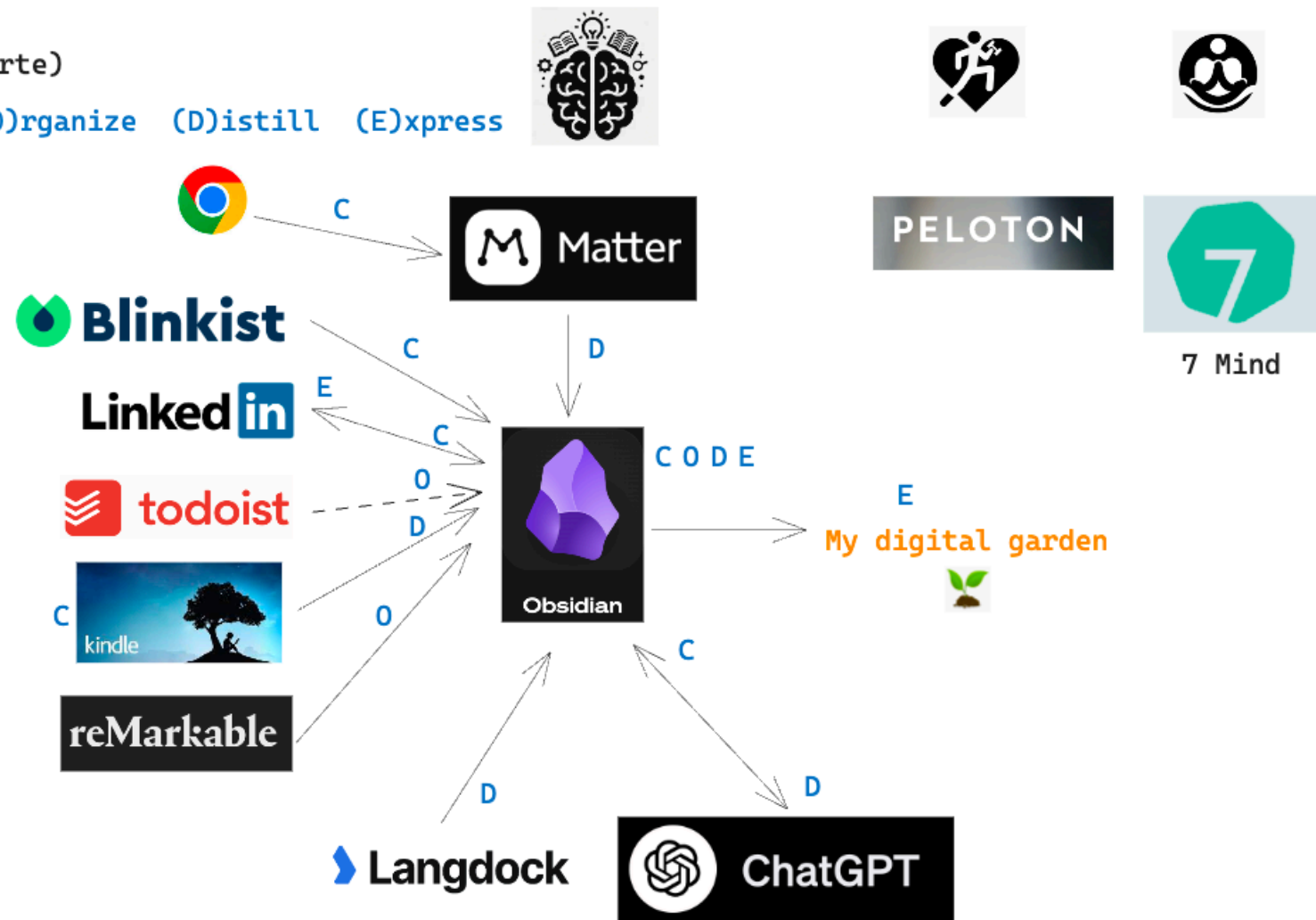
💭 *How do you currently **capture** information?*



# 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](#) <sup>(8)</sup>  
[Building a Second Brain - Insights](#) <sup>(5)</sup> - insights from [Building a Second Brain - Tiago Forte](#) <sup>(5)</sup>

## CODE - Capture-Organize-Distill-Express

### Capture

- [BASB - Learning about Capture](#) <sup>(10)</sup>
- [BASB - My ways to capture to my Second Brain](#) <sup>(4)</sup>

### Organize - PARA

- [A perfect organizational system](#) <sup>(3)</sup>
- [Para Blog by Tiago Forte](#) <sup>(14)</sup>
- [PARA Method Notes](#) <sup>(12)</sup>
- [BASB - Learning about Organize](#) <sup>(5)</sup>

### Distill

- [BASB - Learning about Distill](#) <sup>(6)</sup>

### Book Summarization

- [How to take Digital Notes](#) <sup>(2)</sup>
- [Progressive Summarization](#) <sup>(20)</sup>
- [Write a book summary](#) <sup>(4)</sup>
- [Create an outline](#) <sup>(5)</sup>



# 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

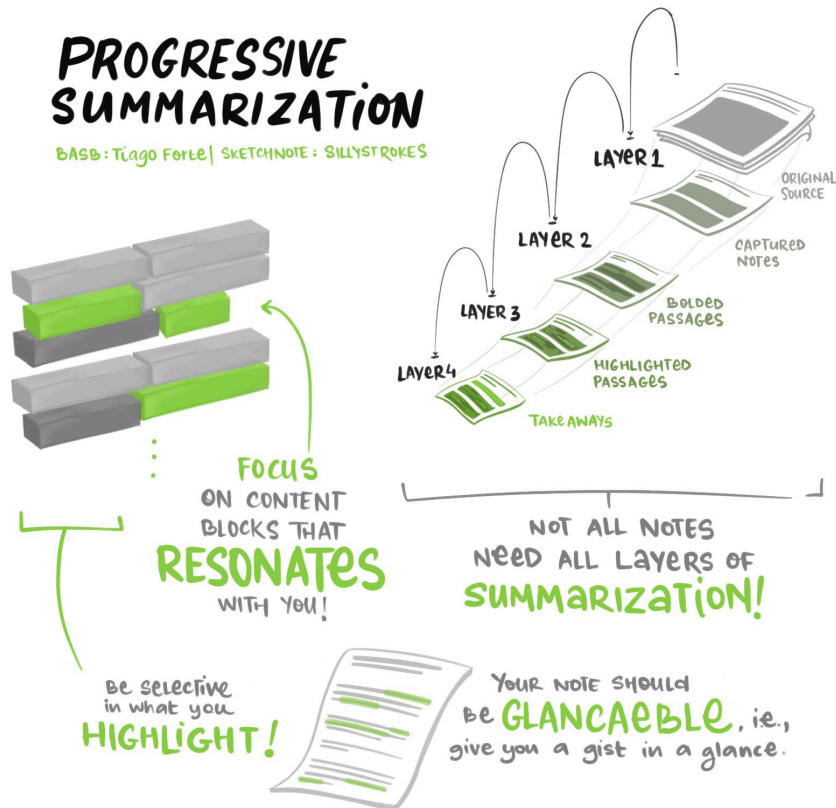




# DISTILL

## PROGRESSIVE SUMMARIZATION

BASB: Tiago Forte | SKETCHNOTE: SILLYSTROKES



## METADATA!

Metadata: data about data!  
Helps with discoverability of data.

- TITLE
- DATE created/modified
- AUTHOR
- LOCATION
- COMMENTS



# 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?**

