

# Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI

  
www.YourPossibleHome.com

## Autobiography Canvas

**A place to write your life, one section at a time, over the rest of it.**

Most people who try to write their life story stall in the same place. They sit down planning to start at the beginning, get three paragraphs into their childhood, realize they're already exhausted, and never come back. The Autobiography Canvas works around that problem by giving you sections you can open in any order, on any day, and add to whenever something surfaces.

This document is never finished. That's not a limitation. That's the design.

### How to use it

Make a copy in Google Docs, Word, or whatever you already use. Don't start at the top. Open whichever section feels alive to you today and write what comes. Five sentences is enough. So is one. Come back next week, next month, next year. Add to the same sections. Watch them fill in over time.

If a memory belongs in two sections, put it in both. If a section feels blank for now, leave it blank. The empty space is a placeholder for who you're still becoming.

### The sections

**Early memories.** What's the earliest thing you remember? What did your bedroom look like? Who was in the house? What did mornings feel like? What were you afraid of? What did you love?

**Childhood and family culture.** What did your family value, even if no one ever said it out loud? What were the rules, the rhythms, the inside jokes? What was hard about your home growing up? What was good about it? What did you think every family was like until you found out otherwise?

**Adolescence.** Who were you trying to become? Who were the friends who shaped you? What did you get wrong about yourself in those years? What did you get right? What was the first thing you remember caring about that the adults around you didn't understand?

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**Marriage or partnership.** How did you meet your person? What did you think you knew about love that turned out to be wrong? What's surprised you about being married or partnered? What's been harder than you expected? What's been better?

**Parenting years.** What did you think parenting was going to be like? What's it actually been like? What have your children taught you about yourself? What do you wish you'd known earlier? What are you proud of? What are you still working on?

**Faith and spiritual growth.** Where did your beliefs start? How have they shifted? What's tested your faith, and what's deepened it? What do you know now that you didn't know at twenty?

**Work, skills, and purpose.** What have you spent your working life doing, and how did you end up there? What are you good at that you didn't expect to be good at? What work has felt meaningful? What hasn't? What do you wish you'd tried?

**Hard seasons and turning points.** The losses. The years you'd rather not remember. The decisions that changed everything. What did those seasons take from you? What did they give you? What would you tell someone walking into a season like that now?

**What I believe now.** Not what you were taught to believe. Not what you wish you believed. What you actually believe, today, about how to live and love and raise children and treat people. The honest version.

**Lessons I want my children to know.** The things you'd say to them if you only got one conversation. The things you've already said and want to say again. The things you hope they'll figure out before you have to tell them.

## Each section includes

Three to five gentle starter prompts to break the blank-page problem. Optional reflection questions for when you want to go deeper. Space to add more whenever you return.

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## **A note on AI**

If you have notes, voice memos, or fragments you've collected in the Memory Vault, AI can help you turn them into paragraphs that fit inside this canvas. Paste in the fragment and ask it to help you draft a paragraph in your own voice without embellishing or changing the meaning. Then read it aloud. If it doesn't sound like you, edit until it does. The voice has to stay yours.