

# Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI

  
www.YourPossibleHome.com

## Family Guidelines Master Template

**A printable code of conduct that reflects who you actually want to be**

Most families have unspoken rules. Some are clear, some aren't, and the unclear ones are usually the source of the recurring conflicts. This template moves the unspoken into the spoken so everyone, including the kids, knows what's expected and why.

Print it, fill it out together, and put it somewhere visible. Revisit it once or twice a year, or whenever a season changes.

### Section A: Our family values

*What kind of people do we want to be in our home, especially when things are hard?*

This is the foundation. Answer this section first. Everything else flows from here.

**In our family, we value:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Tip:** Three to five is plenty. If you list ten, none of them will stick.

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## Section B: How we treat each other

*When emotions are high, how do we still treat each other with dignity?*

This is the section that matters most when things go sideways. Pick the items that fit your family. Add your own.

- We use respectful words
- We keep our bodies safe
- We repair mistakes quickly
- We speak honestly without cruelty
- We assume good intent when we can
- We listen before we react
- We let each other have hard feelings

### Custom additions:

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## Section C: Boundaries that keep us safe

*What behaviors are never acceptable in our home?*

Be specific. Vague rules don't hold under stress.

- No hitting, kicking, or throwing
- No yelling or name-calling
- No intimidation or threats
- No destroying property
- No silent treatment as punishment
- No bringing up old fights to win current ones

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**Add your own:**

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## Section D: Responsibility and repair

*What does accountability look like in our family?*

This section is what separates rules from culture.

- We take responsibility for our own actions
- We make amends when we cause harm
- We clean up our own messes
- We help fix what we break
- We apologize specifically, not generically
- We accept apologies without piling on

## Section E: Review and renewal

*When will we revisit this as a family?*

**Review frequency (circle one):**

Monthly / Quarterly / Twice a year / As needed

**Next review date:** \_\_\_\_\_

**The signs that tell us we need an early review:**

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## Optional: Using AI to help draft this

If sitting with a blank page feels harder than you expected, AI can help you get started. Use this prompt before your family meeting, not during it. The conversation belongs to your family.

*Act as a calm family facilitator. Help me think through a short, values-based family code of conduct. Here's our family: [number of people, ages, current season]. Here's what's been hard lately: [the honest version]. Ask me reflective questions one at a time, help me clarify boundaries, and keep what we land on simple enough for kids to remember.*

That's the only AI tool this needs. Use it to think, then build the real version with your family in the room.

## Where to put the finished document

The right place is wherever your family will actually see it. A few options that work:

- Framed and hung near the kitchen or breakfast table
- Inside the front of a family binder
- Laminated and stuck to the fridge
- Printed and tucked into the inside of a cabinet door
- Saved as the lock screen on a shared family device

Whichever spot you pick, the test is simple: can you point to it without getting up? If yes, it'll get used. If no, it'll be forgotten by next month.

## One small reframe

These guidelines are not rules to punish with. They are tools to return to when things fall apart. The goal isn't perfect compliance. The goal is having something to point to that reminds everyone, including the parents, of who you said you wanted to be.

The document doesn't make the family. The family makes the document, and then lets it shape them back.