

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

Legacy Project Quick Start

One page. Ten minutes. That's the whole assignment.

Most people who want to preserve their family's stories never start, and the reason is almost always the same. They imagine a finished product — a polished memoir, a leather-bound book of ancestors, a perfectly edited video — and the gap between where they are and what they're picturing feels too wide to cross on a regular Tuesday. So they wait for a better season that never quite arrives.

The Legacy Project works the opposite way. You start with one page, ten minutes, and whatever feels alive to you that day, and you trust that small pieces added over years become something your children will actually open one day.

Three ways to begin

You can write. Open a notes app, a Google Doc, a journal you already own, and put down a single memory or thought. It doesn't have to be important. It just has to be real.

You can record. Open the voice memo app on your phone, hit record, and talk for two minutes about something that's been on your mind. You can transcribe it later or leave it as audio. Either is enough.

You can collect. Pull a photo from your camera roll, a letter from a drawer, a note your child wrote you, and put it somewhere you'll find it again. A folder, a shoebox, a shared drive. The point is that you've decided it matters.

A suggested rhythm

Once a month if you have the energy for it. Once a quarter if life is full. Once a year if that's the only honest answer right now. Any of these is real participation. The only failure mode is waiting until everything is calm enough to start, because that day is not coming.

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Your first ten minutes

Pick one of these. Write or record for ten minutes. Stop when the timer ends, even if you have more to say. You can always come back.

A memory from this week you don't want to forget. A small thing your child said or did that made you feel something. A hard conversation that mattered. A moment you noticed yourself being braver than you expected. Something you want your kids to know about who you were before you were their parent.

That's it. You've started.

Where to go from here

When you're ready for something larger, the Autobiography Canvas in the Build a Practice pathway gives you a structure to return to over years. The Memory Vault below is a quieter daily companion for the in-between moments.