

# Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI

  
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## Memory Vault Prompts

### Short prompts for the seasons when life won't slow down.

The Memory Vault is for the days when sitting down to write a real reflection feels impossible, but you still want to capture something before it slips. These prompts are short enough to answer in the notes app on your phone while you're waiting for soccer practice to end, and small enough that you'll actually do it.

You don't need to use them in order. You don't need to use them often. You just need a place to drop a sentence when something matters and you don't want to lose it.

### The prompts

A moment I don't want to forget today.

Something my child said or did that I want to remember.

A hard conversation that mattered, and what I learned from it.

A small win nobody else saw.

Something I noticed about one of my kids that surprised me.

A way I showed up well today, even quietly.

A way I fell short, and what I want to do differently.

Something my partner did that I want to remember to thank them for.

A question one of my children asked that stopped me in my tracks.

A moment of grace I didn't expect.

A frustration I'm sitting with that I'll want to look back on.

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Something I'm grateful for that I almost missed.

A piece of our family that feels uniquely ours right now.

A tradition or rhythm that's working.

A tradition or rhythm that's quietly broken and needs attention.

A way I saw God show up today, in a small thing or a large one.

Something I want my children to know about this season of our life.

## **How to use these**

Open your notes app. Start a single note titled Memory Vault, or whatever you want to call it. When one of these prompts catches you, write a sentence or two underneath. Date it if you want to. Don't if you don't.

The point is not to fill every prompt. The point is to have somewhere to put the small things when they happen, so they're still there a year from now when you have time to expand them.

## **Turning fragments into something larger**

When you're ready, you can take any entry from the Memory Vault and grow it into a longer piece in the Autobiography Canvas. AI can help with this part if you want — paste the fragment in and ask it to help you turn the notes into a paragraph in your own voice, without embellishing or changing the meaning. The shape of the memory stays yours. The language just gets a little easier to read.

## **A sample prompt for that**

*Help me turn this short note into a reflective paragraph in my voice. Keep it warm and direct. Do not embellish, add details I didn't include, or change the meaning of what I wrote.*

That's the whole tool. A place for the small things, so they're still there when you go looking.