

# Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI

  
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## The Seasonal Reset Prompt

### A worksheet for parents

The Chore Customization Prompt helps you build a system. The Seasonal Reset Prompt helps you change one when the family it was built for has changed shape. The two go together because every family system has a shelf life, and the families I know who hold their rhythm together over time are the ones who revisit their systems on purpose rather than waiting for things to fall apart.

The reset isn't dramatic. You're not throwing the system out and starting over from scratch. You're sitting down at a predictable inflection point — back to school, the start of summer, a new baby, a parent's new job, a teenager who suddenly has a license and a part-time shift — and asking AI to help you adjust the structure to fit the season you're actually entering. The work that takes a Sunday night without help takes about twenty minutes with it, and the result is a system that fits the family you have now instead of the one you had three months ago.

I run this kind of reset four or five times a year, sometimes more when the family is in a busier stretch. It's the closest thing I have to a quarterly review for the household, and I've come to look forward to it because it gives me a chance to notice what's working before something stops working.

### When to use this prompt

There are five inflection points where a reset is almost always worth doing, and a few smaller ones where it's optional but useful.

The five that almost always warrant a reset are: the start of a new school year, the start of summer, the arrival of a new baby or a new family member moving in, a parent starting a new job or significantly shifting their hours, and a teenager moving into a new stage — driving, working, or carrying a heavier school load. Each of these reshapes the family's actual rhythm, which means the system that fit the previous rhythm probably doesn't fit the new one.

The smaller inflection points worth noticing are: a child moving into a new developmental stage even if nothing else has changed, a season where one parent is traveling more than usual, a stretch of family

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illness or recovery, and the moment you realize you've been running the same system for more than nine months without revisiting it. None of these are emergencies. They're just openings to check whether the structure is still serving the family or has quietly stopped fitting.

## Before you open the prompt

Spend ten minutes filling out the questions below. The answers will become the inputs you paste into the prompt, and the quality of the reset depends almost entirely on how clearly you can name what's changing.

<b>Question</b>	<b>Your answer</b>
What season are you entering, and when does it start?	
What's changing in the family — schedules, ages, work, school, anything else?	
Who in the family will be most affected by the change, and how?	
What system are you currently running for chores and responsibilities?	

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What about the current system has been working?	
What about the current system has stopped working, or is about to?	
Where in the week is the highest friction right now?	
What new tasks or responsibilities does the new season bring?	
What tasks or responsibilities are dropping away?	
What's one thing you want this season to feel like in your home?	

That last question is the one most parents skip, and it's the most important one in the worksheet. The system you build is going to shape how the season feels, and if you can't name what you want the season to feel like, you'll end up with a system that's efficient and joyless. Take a minute on it before you move to the prompt.



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## The prompt

Copy the prompt below into your AI tool of choice. Replace the bracketed sections with the answers from your worksheet. Then paste it as a single message and let it run.

I'm doing a seasonal reset on our family chore and responsibility system.

Please help me adjust what we're running so it fits the season we're actually entering, not the one we just left.

Here's what's changing:

The season we're entering: [paste from your worksheet]

What's changing in the family: [paste from your worksheet]

Who will be most affected, and how: [paste from your worksheet]

The system we're currently running: [paste from your worksheet]

What's been working in the current system: [paste from your worksheet]

What's stopped working, or is about to: [paste from your worksheet]

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Where the highest friction is right now: [paste from your worksheet]

New tasks or responsibilities this season brings: [paste from your worksheet]

Tasks or responsibilities that are dropping away: [paste from your worksheet]

What I want this season to feel like in our home: [paste from your worksheet]

Based on all of that, please give me:

1. A revised version of our system that fits the new season — keep what's working, adjust what isn't, and add what's needed.
2. A short explanation of what you changed and why, so I can adjust it if you got something wrong.
3. The two or three highest-leverage shifts I should prioritize in the first two weeks of the new season.
4. A few questions to help me notice early when something isn't working.

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Keep the tone practical and warm. This is a real family in a real season, not a project plan.

## What to do with what comes back

You'll get a revised system, an explanation of the changes, a list of priorities for the first two weeks, and a few diagnostic questions. The temptation is to read the whole response, feel either reassured or overwhelmed, and then go back to whatever you were already doing. Don't. The value of the reset is in the conversation it starts, not the document it produces.

Read the response slowly. Mark the parts you want to keep. Mark the parts that don't fit your family — and notice why they don't fit, because that's information about your home you now have access to. Pay particular attention to the two or three priorities AI suggests for the first two weeks. Those are the ones that'll have the most leverage on whether the new system actually takes hold, and skipping them is the most common reason a reset doesn't stick.

## A reflection after the first run

Once you've read the response, fill out the worksheet below before you announce anything to the family. The reflection is what turns a draft into a real shift.

Question	Your answer
What's the most important change I'm making this season?	
What am I keeping from the previous system because it's still working?	

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What am I letting go of, even if it was working before?	
What's the one priority I'm focusing on in the first two weeks?	
Who in the family do I need to talk to before this rolls out, and what do I need to say?	
What's the date I'll come back to this and check whether it's working?	

## **A note on the family conversation**

A reset only works if the family knows it's happening. The shift from one season's system to the next is also a chance to talk with your children about what's changing in the family — what's harder right now, what's easier, what each person is taking on, and why. Children are usually more capable of holding that conversation than parents expect, and the conversation itself often does as much for the household as the system does. Don't skip it.

If you have older children, this is also a good time to ask them what they think is and isn't working. They'll see things you don't, and they'll be more willing to run a system they had a hand in shaping. You don't have to take all their input, but the asking matters.



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## **A pattern worth noticing**

If you run this reset two or three times across a year, you'll start to notice a rhythm in your own household. Some families are most stable in the school year and need to rebuild every summer. Others are the opposite. Some families need a major reset every August and minor adjustments throughout the year. Others find they only need one big reset annually and small course corrections in between. There's no right pattern. There's only the pattern that fits your family, which you can only see by running the reset enough times to spot it.

Save your past resets somewhere you can find them. The third or fourth time you do this, you'll be looking at a record of how your family has changed over the past year, and that record is one of the most useful things a parent can have when the next reset comes around.

## **Closing thought**

The reset isn't about getting it right. It's about staying in conversation with the season you're in instead of running on autopilot until something breaks. Twenty minutes, four times a year, is enough to keep a household from drifting. Most of the families I know who run their homes well are doing some version of this whether they call it that or not — they're just paying attention, on purpose, at the moments when paying attention matters most.

You don't have to be one of the families that runs everything perfectly. You just have to be one of the families that doesn't wait until something is broken to look at it.