

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

Serving Without Spilling

I watched my mother serve everyone — church, events, families in practical need — and I respected it, and I also saw what happens when outward commitments grow faster than capacity: the people at home feel the stretch while the calendar fills with worthy causes. This worksheet is for finding your contribution without losing your center, because the question is never whether community deserves you. It's which circle needs your energy most in this particular season.

Part One — *The season check.* Name your season honestly — newborns, little kids, teenagers driving themselves, launching, rebuilding, caring for parents: _____

What this season asks of you at home that no one else can provide: _____

What it realistically leaves over: _____

Part Two — *The skills-and-circles match.* The best service I've done met a need with skills I already had, without pulling too far from home — web design for causes I believed in, while my kids watched and felt proud. What I'm already good at that a community need could use: _____

The circles, from nearest out — and the honest mark for each (giving enough / stretched / neglected / could give more):

My household: _____

Extended family: _____



Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

Local community and neighbors: _____

School and church: _____

Broader causes: _____

Where the energy should go this season, based on the marks — not where the loudest request is coming from: _____

Part Three — *The capacity guardrails.* Children notice when evenings are rushed and conversations get cut short because the next obligation is waiting. Set the limits before the next request arrives, because every request sounds reasonable on its own:

Our family's maximum weeknight commitments, adults and kids combined: _____

The number of family dinners per week we protect: _____

What we say when a worthy request exceeds the guardrail — write the actual sentence, kind and final, because you'll need it verbatim when someone you respect is asking: _____



Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

And the kids' calendars, because a wise neighbor once stopped me cold with *we over-plan our kids' schedules — we don't have to do everything*: one activity per child we could decline next season to buy back boredom, which is where some of my children's most creative thinking happened: _____

Part Four — *The current request.* There's probably one on the table right now; there usually is.

The request: _____

Which circle it serves: _____

What it would cost the circles closer in: _____

The decision, made from conditions rather than guilt: _____

Optional AI prompt: Here's my season, my current commitments, and a service request I'm weighing: [paste your answers]. Walk my own guardrails back to me: which condition applies, what this would cost the inner circles, and whether there's a smaller version of yes — a defined project, a season with an end date — that serves the cause without breaking the limits I set.

