

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

The Foundation Decision

Before I asked whether someone would make me happy, I learned to ask a different question: what kind of father would I want for my future children? That question reorganized everything — what mattered, what was negotiable, and what was just attraction wearing a good outfit. This worksheet walks the same path I walked: get clear on what you're looking for, get honest about who you're becoming, watch the patterns, and then take the decision somewhere higher than a checklist. It works whether you're dating someone now, evaluating a serious relationship, or preparing yourself before anyone has appeared. Don't fill it out in one sitting; the watching sections take weeks, and they should.

Part One — The question that reframes it. If you hope to raise children someday: what kind of mother or father would you want for them?

Describe that person's character, not their resume: _____

If children aren't part of your picture, the version that does the same work: what kind of person would you want beside you in the worst year of your life? _____

Notice what your answer contains and what it doesn't. Most people find that appearance, income, and charm — the things that dominate early attraction — barely appear. Write down what surprised you about your own answer: _____



Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

Part Two — The three-tier sort. Not everything you want carries the same weight, and confusing the tiers causes both of the classic mistakes: expecting perfection, or settling out of fear while the red flags wave. Sort honestly.

Non-negotiables — the load-bearing traits that protect the structure itself. Mine included honesty, emotional stability, willingness to repair after conflict, shared core values, humility, and a consistent work ethic; for me, faith alignment belonged here too. Yours (aim for five to eight, not twenty — a twenty-item non-negotiable list is a way of staying single while feeling principled): _____

Important but not load-bearing — things that make daily life easier or harder but don't hold the structure up: personality style, lifestyle rhythms, intellectual curiosity, shared interests. Yours: _____

Preferences — genuinely nice to have, worth noticing, not worth deciding by. Yours: _____

Now the audit: look at your three lists and find one item you've been treating as a non-negotiable that's actually a preference in disguise: _____

And one you've been treating as a preference that's actually structural: _____



Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

Part Three — The mirror. Here's the humbling part: if those qualities matter in a partner, they have to exist in you first. I had a season in my twenties when I had a clearer picture of the person I wanted to find than the person I was becoming, and I had work to do on my own reactivity and defensiveness before I could recognize the real thing.

Go down your non-negotiables list and grade yourself honestly on each one, not as judgment but as a work list: _____

The one I most need to build before I'm ready to recognize it in someone else: _____

What building it looks like this month: _____

Part Four — The pattern watch. Isolated moments tell you almost nothing; patterns tell you nearly everything. If you're currently seeing someone, observe over the next month — don't test them, don't engineer situations, just notice what life naturally reveals:

How they handle stress and disappointment: _____

What happens when plans change at the last minute: _____

How they treat people who can't do anything for them — servers, employees, the slow driver: _____

Whether jealousy appears, and what triggers it: _____



Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

Whether they withdraw when things get hard, or come toward you: _____

What their friends and family trust them with, and how steady their character stays from one environment to the next: _____

After a month, the honest summary — not the best day, not the worst day, the pattern: _____

And the distinction that protects you from both naivety and perfectionism: what you're seeing — are these red flags (patterns that threaten the structure) or rough edges (imperfections that call for grace)? Name which is which: _____

Part Five — Beyond the analysis. After I had done my thinking, observing, and evaluating, I brought my decision to Heavenly Father, and what I felt in that prayer became an anchor for the rest of my life — not a voice or a checklist, but a deep sense of peace that seemed to confirm a decision I had approached with care. If prayer is part of your life, don't skip this step; analysis organizes a decision, but it doesn't settle one. If it isn't, the parallel discipline is stillness: sit with the decision somewhere quiet, away from the person and the momentum, and notice whether what rises is clarity or hesitation. Both are signposts. Ignoring them has never served me well.

What rose when I sat with it: _____



Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

And the final cross-check: have I sought wise counsel from people who know me and have no stake in the outcome? Who, and what did they see that I didn't? _____

Optional AI prompt: Help me pressure-test my thinking about a relationship decision. Here are my non-negotiables, here's my honest self-assessment against them, and here's the pattern I've observed over the past month: [paste your answers]. Don't tell me what to decide. Identify where my observations are thin, where I might be explaining away a pattern, and where I might be holding a preference to a non-negotiable standard. Ask me one clarifying question at a time.

If this relationship is serious and the question is becoming when rather than whether, the What Are We Building? (the couples' version) worksheet is the next conversation.

