

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

The Repetition Test

There's a specific frustration in solving the same problem repeatedly and knowing it: the weekly meal scramble, the permission-slip email, the chore rotation that stopped working again. An app, in the sense this book means, is a reusable tool you configure once around a repeating problem, so the next time it arrives you're not rebuilding the thinking. This worksheet finds your first one and builds it.

Part One — *the audit*. Problems I solved this month that I have definitely solved before, in slightly different form: _____

For each, the test — does it repeat AND keep roughly the same shape each time, even when specifics differ? The one that passes both: _____

(A problem you'll face once deserves fresh thinking, not a template. Cross off anything on the list that's actually a one-time problem wearing a costume.)

Part Two — *the build*. Describe the problem to AI and ask it to help you design a reusable tool: the role it plays, the input you'll provide each time (what's in the fridge, the week's schedule, the situation with the kid), and the output you want back without further editing. My design conversation's result:



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Part Three — *the friction test, which is the step everyone skips and the one that decides everything.* Run it against a real instance right now: _____

How much editing did the output need before I could use it? _____

If the answer is "significant," that friction will stop you from reaching for it when you're tired — which is when you need it. Refine and run again: _____

Part Four — *the connections.* What context from elsewhere would make this tool smarter — the family's dietary preferences, the child's age and what's been tried, the standing schedule: _____

Where that context already lives (a project, a custom assistant), so the tools start carrying each other: _____

And the thing worth doing out loud: build this where your kids can see it, because the instinct it models — frustration is a signal to design something, not just absorb the discomfort — is one worth passing on. One of mine started asking whether there was "a prompt for that," and she wasn't wrong.

