

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI


www.YourPossibleHome.com

What Are You Building?

Long before Mark and I met, each of us had been carrying a picture of the home we wanted. It wasn't a blueprint, just a direction, and a direction turned out to be enough. This worksheet is for finding yours, and then naming the values underneath it, because the tone of a household is shaped by the intentions of the adults who build it whether those intentions are conscious or not. Better conscious.

Start with the picture, not the principles. Close your eyes and imagine walking into your home ten years from now on an ordinary Tuesday evening. Don't design it. Just notice it.

What do you hear? _____

What's happening at the table? _____

How do people talk to each other when something goes wrong? _____

Who feels welcome here, and how would they know it? _____

What happens in this home that doesn't happen in most homes? _____

Now pull the values out of the picture. Look at what you wrote above. Every detail you imagined is a value wearing clothes. Laughter at the table is a value. Questions being welcomed is a value. Nobody walking on eggshells is a value. List the five that matter most, in plain words:

1. _____

2. _____

3. _____

4. _____

5. _____

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Test each one against these three questions, and be ruthless: Is this mine, or is it inherited from someone whose approval I'm still seeking? Would I hold this value even if it cost me something? Have I done anything in the last month that someone watching could point to as evidence of it?

A value that fails the third question isn't false. It's just still a wish, and wishes become values through repetition, which is what the rest of the book is about.

Finish with one sentence, the kind you could say out loud without flinching:

I am building a home where _____

Optional AI prompt: Here are five values I want at the center of my home: [your list]. For each one, suggest two small, ordinary behaviors that would make this value visible to someone living with me. Keep them realistic for a busy week, not aspirational.

