

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



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What You're Sending Forward

You're entering a cycle that started long before you were born. Your habits become someone else's baseline; your tone becomes someone else's template for what love sounds like. This page is an inventory of what was handed to you, so you can choose what travels forward, because patterns passed without examination get passed by default.

From the home I grew up in, the things I want to carry forward: _____

The things I'm choosing to set down, and the new pattern that replaces each one (a pattern you stop without replacing tends to come back):

I'm setting down _____ and replacing it with
_____.

I'm setting down _____ and replacing it with
_____.

Something good in my family line that nobody talks about, that deserves to be spoken: _____

If someone two generations from now inherited only one conviction from me, I'd want it to be:



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Now connect this page to What Are You Building? worksheet: does the value you just named appear anywhere in your list of five? If yes, you've found your anchor value, the one with roots. If no, one of these two pages is telling you something, and it's worth sitting with what matters most.

Optional AI prompt: *Here's what I want to carry forward from my upbringing and what I want to set down: [paste your answers]. Help me notice any patterns connecting the items on each list, and suggest one question I could ask an older family member to understand where the inherited patterns came from.*

