



Your Turn: Goals, Principles, & Truths



Overview

Subject:

The algorithm is inherently biased toward tech's values;
let's learn how to bias our household toward ours.

Kickoff Date:

Now

Facilitator:

You and your family

Agenda:

- Introduce the project
- Identify goals
- Discuss principles
- Explore truths

Project Intro

In Chapter 13 of *The Opt-Out Family*, we explored Silicon Valley's practice of "coding the system." *What are your values, your systems, your rituals and traditions that you repeat and rely on over and over and over? What knowledge and wisdom are you feeding yourself to share with your children? Is there anything from your own childhood you'd like to pass down? How do you want your kids to describe their home? Their family? Their childhood?*

To find the answers for your own households, begin with **ChatGPT: Goals, Principles, and Truths**.

Chatting through your family's goals, principles, and truths is the first step to creating a home environment that embeds and reflects your values. Begin by brainstorming the guiding questions and completing the exercises below. Have fun, dream big, and invite your family to participate in the process!

Goals

GOALS: Where are we going?

In the spaces provided below, write down the ages of everyone in your family, five years from now. Envision what each member of your family might be drawn to – likes and dislikes, hopes and dreams, passions and interests. What do you picture your home environment feeling like at that stage? What might it look like? What sorts of rhythms and schedules might you keep? What might you be learning or participating in? Will you be in the same home? Different city? What do you most want for your future selves, your future family? Where can you see yourselves thriving?

Name	Age (+5 yrs)	Future Interests

Beneath every one of these goals and future interests lies a hidden value. Craving a chicken coop in the country? Perhaps you place a high value on self-sufficiency. Want to float on a houseboat in the Aegean Sea? Maybe adventure is your guiding force. Dreaming of a houseful of quiet readers curled up on every sofa, tea in hand? Maybe learning is a common goal for your family.

Whatever it is, you'll need a few guiding principles as you journey ahead.

Principles

PRINCIPLES: How will we get there?

Whether your future vision feels just around the bend or wildly out of reach, there are many steps you can take today to inch closer toward your family's core values. By considering a few guiding principles, you're determining a path that will lead you in the direction of your dreams.

As you reflect on the ideals and habits that will bridge the gap between where you are and where you'd like your family to be, dig deeply. A guiding principle is often *the thing behind the thing*. For example, learning sourdough might get you closer to your dream of homesteading, but it's an action, not a principle.

The easiest way to uncover the principle behind the action is to ask yourself *why*. Why do you want to learn sourdough? Perhaps because your family values making things yourself, or creating instead of consuming, or living off the land. These are your guiding principles. You'll know you've reached them when you can successfully complete the following sentence: "In our family, we _____."

EXAMPLES:

In our family, we work hard.

In our family, we don't get bored.

In our family, we serve others.

YOUR TURN:

In our family, we...

In our family, we...

In our family, we...

Truths

TRUTHS: Why does it matter?

Finally, your family must wrestle with the truths that will govern the decisions you make along your journey together. Pursuing a path that is rooted in your values will inevitably lead to a few forks in the road. What happens when two paths are equally important to you? When one principle bumps into another? You want to be self-sustaining, but not at the expense of your savings account. You want to serve others, but not by overlooking your needs at home.

This is why establishing your family's true north is so important in determining your direction. When plans go awry (and they will), what trumps all? Your foundation, your core, your ultimate purpose. If guiding

principles are the thing *behind* the thing, truth is the thing *beneath* the thing. It's the underlying, never-changing, ready-steady destination your family will commit to seeking at all times, in all circumstances.

Here's a hint: A truth is simply a statement that you can put the word "always" next to.

Will we always travel? No. But we can be awed by creation, wherever it is, **always**. Will we always give gifts? No. But we can be generous, whatever it is, **always**. Will we always live in harmony? No. But we can work toward forgiveness, whomever it is, **always**.

To put it all together, a family's value stack might look something like this:

GOAL	PRINCIPLE	TRUTH
Host more potlucks.	In our family , we practice hospitality.	Always love your neighbor as yourself.

Or this:

GOAL	PRINCIPLE	TRUTH
Take evening walks.	In our family , we prioritize movement.	Always honor your body.

Or even this:

GOAL	PRINCIPLE	TRUTH
Read 100 memoirs together.	In our family , we learn from the experiences of others.	Always keep a teachable spirit.

Your Turn

Ready to begin considering your own goals, principles, and truths? In the space(s) provided, dream away:

GOAL	PRINCIPLE	TRUTH
	In our family , we...	Always ...

GOAL	PRINCIPLE	TRUTH
	In our family, we...	Always...

GOAL	PRINCIPLE	TRUTH
	In our family, we...	Always...

By guiding your family into values that support you and your household, you are creating a sustainable space to breathe. To recalibrate. To opt out of the chaos. To look around your household and to find truth – to have it seen, to have it heard, to have it felt. To be fully immersed with what you know is worth fighting for, and **why it deeply matters**.

For more resources on giving your kids what technology can't, visit optoutfamily.com.