

One week, one sail: the Monthly Family Survey.

Sail of the Week: *The Monthly Family Survey* · Deuteronomy 6:6–7 · Rule: **ONE SACA completes the week.**

What you need: your iPhone, 15 minutes Monday, one dinner this week.

MONDAY — Build the survey (15 min)

- 1. Claude: *“Help me write 4–5 family survey questions my kids (give their ages) and wife can answer honestly — How's home? What's hard right now? What do you need more of from Dad?”*
- 2. Cut to the 4–5 that sound like your house.
- 3. Set the recurring **monthly** trigger — same day each month (Calendar, or a “Family survey” Habitify habit).

THIS WEEK — Take the pulse

- 4. Collect answers — around the dinner table, or on paper if they'll be more honest. Don't defend. Don't fix. Just collect.
- 5. Paste the answers into Claude: *“What's the one thing my family is telling me?”*
- 6. Act on the one thing before next month's survey — and tell them what you heard.

SUNDAY — Sabbath

- 7. Mark the **Chart: SACA 2 — Run the Monthly Family Survey** → week complete.

THE LINE TO HOLD

“He who answers a matter before he hears it, it is folly.” (Proverbs 18:13) The survey is how you hear — and the month you ‘remember to’ is the month you won't. Set it to recur.

Want more this week? (all optional — the week is already complete)

SACA 1 — 3 Questions for the Dinner Table. Three age-appropriate questions per kid. Ask one tonight. Listen; one follow-up; don't fix.

SACA 3 — Write Your Family AI Policy. Built WITH the kids: what AI is for in our home, what it's not for, the rule if someone breaks it. Sign it; fridge it.

Going Further. Build a Family Rhythm Asset; the 7 daily drills live under “Optional depth.”