FOR THE WHOLE FAMILY · ONE SMALL PRACTICE A DAY

THE 30-DAY THINK-FOR-YOURSELF CHALLENGE

30

Rebuild curiosity, patience and original ideas, one small practice at a time.

We don't get our minds back with one big lecture. We get them back the way we lost them: one small habit at a time. Every time we reached for the instant answer, a little bit of wondering went with it.

This challenge runs the other way. Most days take five to fifteen minutes, and none of them need a screen. A few will feel awkward and some will flop. That's fine. **The struggle is the point.**

Each week builds one of the four muscles from my book *Use Your Brain*: **Reflect, Interrogate, Discern and Be Accountable**. In our house we call it R.I.D.A.

— Erica

R

WEEK 1 · REFLECT

Pause before you prompt.

Guess first. Sit with not-knowing.

I

WEEK 2 · INTERROGATE

Question the confident answer.

Check, argue, ask a human.

D

WEEK 3 · DISCERN

Spot the robot.

Learn to tell smooth from real.

A

WEEK 4 · BE ACCOUNTABLE

Own your thinking.

Draft first, show your work.

1

Print the calendar and put it on the fridge, next to your Family AI Agreement.

2

Each person fills in a circle when they've done the day. Missed one? Just pick up where you are.

3

Every 7th day, talk it over at dinner. Days 29 and 30 are your graduation.

○ Fill a circle for each family member who did it Little kids: 5 minutes · Teens & grown-ups: 15

R · WEEK 1 · REFLECT

PAUSE BEFORE YOU PROMPT

Thinking comes before looking.

1
Guess First
Before anyone looks anything up today, everyone says their guess out loud.
○○○○○

2
Homemade Bedtime Story
Make up tonight's story together, one sentence each. Wonky is welcome.
○○○○○

3
What Was Hard?
At dinner, swap "What was fun today?" for "What was hard today?"
○○○○○

4
Ten Quiet Minutes
Sit, walk or doodle with no screens and no audio. Then share one thought you had.
○○○○○

5
The Wonder List
Start a list on the fridge of questions you're *not* going to look up yet.
○○○○○

6
Boredom Hour
One hour, zero plans. When someone says "I'm bored," answer: "I can't wait to see what you figure out."
○○○○○

7
Dinner Check-in
What did we notice when we paused? What was hardest to wait for?
○○○○○

Our notes

I · WEEK 2 · INTERROGATE

QUESTION THE CONFIDENT ANSWER

Sounding sure ≠ being right.

8
Check the Check
Pick one answer from AI or the internet. Confirm it with a book, a person or an expert.
○○○○○

9
Ask a Human
Call a grandparent, aunt or neighbor with a question you'd normally ask a chatbot.
○○○○○

10
What Would Make It Wrong?
Pick one "fact" you heard today. Ask: what would have to be true for it to be wrong?
○○○○○

11
Argue the Other Side
Pick a silly debate (is cereal soup?). Everyone argues the side they *disagree* with.
○○○○○

12
Library Run
Answer one question from your Wonder List using only books.
○○○○○

13
The Opposite Answer
Teens: ask AI for three reasons your plan is terrible. Little kids: what could go wrong with ours?
○○○○○

14
Dinner Check-in
When did a confident answer turn out to be wrong this week?
○○○○○

Our notes

D · WEEK 3 · DISCERN

SPOT THE ROBOT

Smooth often means fake. Messy usually means real.

15
Spot the Robot
At dinner, read one paragraph by a person and one by AI. Everyone guesses which is which.
○○○○○

16
Find the Fingerprint
Write a note to a relative with one detail that only *you* could know.
○○○○○

17
The Struggle Shelf
Read a story where the hero keeps failing. Ask: what if a robot swooped in and fixed it?
○○○○○

18
Machine or Human?
List family jobs. Which are fine for a machine (a shopping list)? Which need us (a birthday card)?
○○○○○

19
Too Perfect?
Find a photo or post online that looks too smooth to be real. Talk about the clues.
○○○○○

20
Handwritten Day
Every note, list and card today is written by hand.
○○○○○

21
Dinner Check-in
What's one "robot clue" you'll never miss again?
○○○○○

Our notes

A · WEEK 4 · ACCOUNTABLE

OWN YOUR THINKING

If your name is on it, the thinking is yours.

22
The Naked Draft
Before AI touches any homework or email, write the first messy draft yourself.
○○○○○

23
Show Your Work
At dinner, everyone explains, step by step, how they figured one thing out today.
○○○○○

24
Say It Out Loud
Used AI today? Name what it helped with, and which part of the thinking was yours.
○○○○○

25
Make Something Bad
Make up a song, comic or recipe together with zero help. Bad is allowed.
○○○○○

26
Fix It Yourself
Try to fix, build or solve something by hand before searching for how.
○○○○○

27
Teach It Back
Kids teach a grown-up something they learned this month, with no notes.
○○○○○

28
Dinner Check-in
What did we make this week that was 100% ours?
○○○○○

Our notes

★ GRADUATION

KEEP IT GOING

The challenge ends. The habit doesn't.

29
Write Our Rules
Fill in or update your Family AI Agreement together. Kids write the AI-free zones.
○○○○○

30
Celebrate & Pledge
Tell a homemade bedtime story, then take the family pledge at momsagainstaiaddiction.org.
○○○○○

DAY 30 · BEFORE YOU CELEBRATE

WHAT DID WE NOTICE?

REFLECT

When was it hardest to wait before looking something up?

INTERROGATE

What's one confident answer we caught being wrong?

DISCERN

What's our family's best robot clue?

BE ACCOUNTABLE

What did we make that was 100% ours, and how did it feel?

THE ONE WE'RE KEEPING: _____

CERTIFICATE OF ORIGINAL THINKING

WE USED OUR BRAINS FOR 30 DAYS.

We guessed first, argued fairly, spotted the robots and made things that were ours.

_____ _____ _____ _____ _____

SIGNED · DATE _____