



The One-Tool Month

A 30-day family challenge: stop app-hopping. Pick one AI tool, learn it well, and build the habits that will actually survive the next model launch.

All ages

30 days

Printable resource

1 Why one tool for a month

The average family tries three or four AI tools in a month. The result is shallow familiarity with all of them and deep habits with none. Every new account is a fresh login, a fresh privacy decision, a fresh "wait, how do I do that here?" moment. One tool for a month is different: you stop re-learning the interface, you start noticing patterns, you build real habits, and when the next model launches, you finally have a clear answer to "do we switch?"

2 The five rules of the month

1) Pick one AI tool for the whole family for 30 days. 2) No new accounts during the month — set up on day one, door closed after. 3) Same tool across jobs: quick questions, homework help, drafting, planning, image work where it can. 4) Notice and write down: once a week, the family writes what was easy, hard, surprising, or missing. 5) Day 31 is decision day: keep, switch, or try a different one — decided with data, not vibes.

3 How to pick the tool

If you already pay for one, use that. If you have free accounts on multiple, pick the one that handles the most family jobs well — don't pick the one that does one job best. If you are starting from zero, start with one of the major general-purpose models. The right tool is the one with a clear data policy, works on your devices, has a free or low-cost starting tier, and doesn't lock the best model behind a high paywall.

4 Week-by-week flow

Week 1 — Onboard: pick the tool, set up accounts, give everyone the same intro tour, try one job per day. Week 2 — Use it like a tool: stop thinking of it as a toy, use it for real jobs. Week 3 — Push the limits: try a hard job, a private job, an image job, and a job that requires the model to admit it doesn't know. Week 4 — Decide: write down what you use it for, what you wish it did, and what to do on day 31.

5 Day 31 — the three honest options

Keep it: you have built habits, switching is a cost, stay until you have a real reason to leave. Switch with intent: you learned what you wanted, pick a different one for the next month and see if it does those jobs better. Rotate intentionally: some families do a one-tool quarter and only switch when a job clearly outgrows the tool. All three are real, sustainable rhythms.

"The chaos of app-hopping is the cost. The habit of one tool well-used is the win."

Small moves, real habits

Pick one prompt, run one job, write down what worked. The compound interest of a parent-and-kid tool habit is the actual win — not any single clever use.

What you might learn

Your family uses AI for 3–5 jobs, not 30.

Some "premium" jobs are fine on the free tier.

The tool's personality matters more than benchmark scores.

Your kid has stronger opinions than you do. Listen.

Make it yours

Our rule: _____

We will try: _____

Ask a human when: _____