



do

you

**know
what
you're
doing
?**



Welcome!

Hi.

If you're holding this journal, it means you said yes to figuring things out in community :) It means you're open to sharing your process, your questions, and your mess. It means you're brave enough to not know, and kind enough to help someone else learn too.

This isn't a workbook. It's not a how-to guide. It's a space for curiosity and community, not performance!

Whether you're feeling excited, overwhelmed, skeptical, inspired, or all of the above, you're exactly where you need to be. Welcome to the communal journal!

What Is This?

Do You Know What You're Doing? is a rotating group journal for emerging creatives navigating AI in film and media. It lives offline, passed hand-to-hand. Each participant adds their own reflections, visual experiments, questions, and insights before handing it off to the next person. Just remember that this is a soft place to land. A documentation of process, not perfection. A collective sketchbook. A way to slow down, reflect, and remember that none of us really know what we're doing but we're figuring it out together.

How It Works

Step 1: Take Your Time

You'll have this journal for about two weeks.
No pressure to fill every page & follow what feels useful.

Step 2: Use The Prompts. Or Don't!

Flip to the Creative Prompts Index if you're stuck, but you can write, sketch, scribble, or paste whatever you want.

Step 4: Leave Space For The Next

Don't rip out pages or go over others' entries.

Step 3: Add Your Voice

Document a weekly experiment. Ask a question.
Reflect on something unexpected. Invite conversation.

Step 5: Pass It On!

When your time's up, send it to the next participant.
(Use the shipping info inside the back cover.)

A Few Ground Rules

Don't make it a performance.

Respect each person's space and privacy.

Be honest, not polished.

Be kind to yourself and to others!

Celebrate learning, not knowing.

These rules are just here to make things feel a bit easier. They're not strict or final but just a reminder that this journal is meant to feel low-pressure, open, and respectful.

If anything feels off or needs changing, feel free to talk about it as a group or make your own additions.

The main thing is:
let it be real,
not perfect.

Group Agreements

Group Agreements

This page is for us.

Just a few things we want to keep in mind while we pass this journal around.

.....

Some Starting Points:

- Be honest, even if it's rough
- Respect each other's space + thoughts
- Try not to overthink it
- Don't worry about making it look good
- Ask questions instead of needing answers
- Let things be unfinished

Add Your Own If You Feel Like It:

- _____
 - _____
 - _____
 - _____
 - _____
 - _____
-

Sign Below to Say You're In!
Even if you don't quite know what you're doing yet:

Before You Start

Now that we've agreed on how we want to share this space together, let's start by collecting some traces from the road so far.

This next page is a spot to leave behind one thing that helped and one thing that didn't.

You never know what might speak to someone else later.



AI Tool Quick Guide

This Helped Me

Share AI tools that supported or sparked something in your process. This could be a tool, a mindset, a question, a moment of clarity, or even a playlist. Write or draw it!

This Threw Me

Normalize the mess. Share what AI tools confused, blocked, or frustrated you. This could be a confusing moment, a tool that backfired, something overwhelming, or a doubt that stuck around. Write or draw it!

what worked that you didn't expect?

a piece of advice you want to pass on

a weird moment with a tool

what made you feel stuck?

a surprising win

something you'd try again

something you didn't know how to do

*a question you still don't
have an answer to*

Section _____'s

Go At Your Own Pace!

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Follow the prompts or don't. No pressure.

.....

First Ever Entries!

Right now, I feel...

What i want to explore over the next 2 weeks...

Week 1

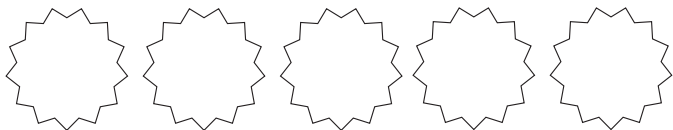
What did I try this week?
What surprised me?
How did I use (or avoid) AI?

[Large empty dotted box for writing answers to the questions above.]

Show us a moment from your process this week, however that looks.
(paste, draw, describe, or collage)

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Creative Energy Tracker

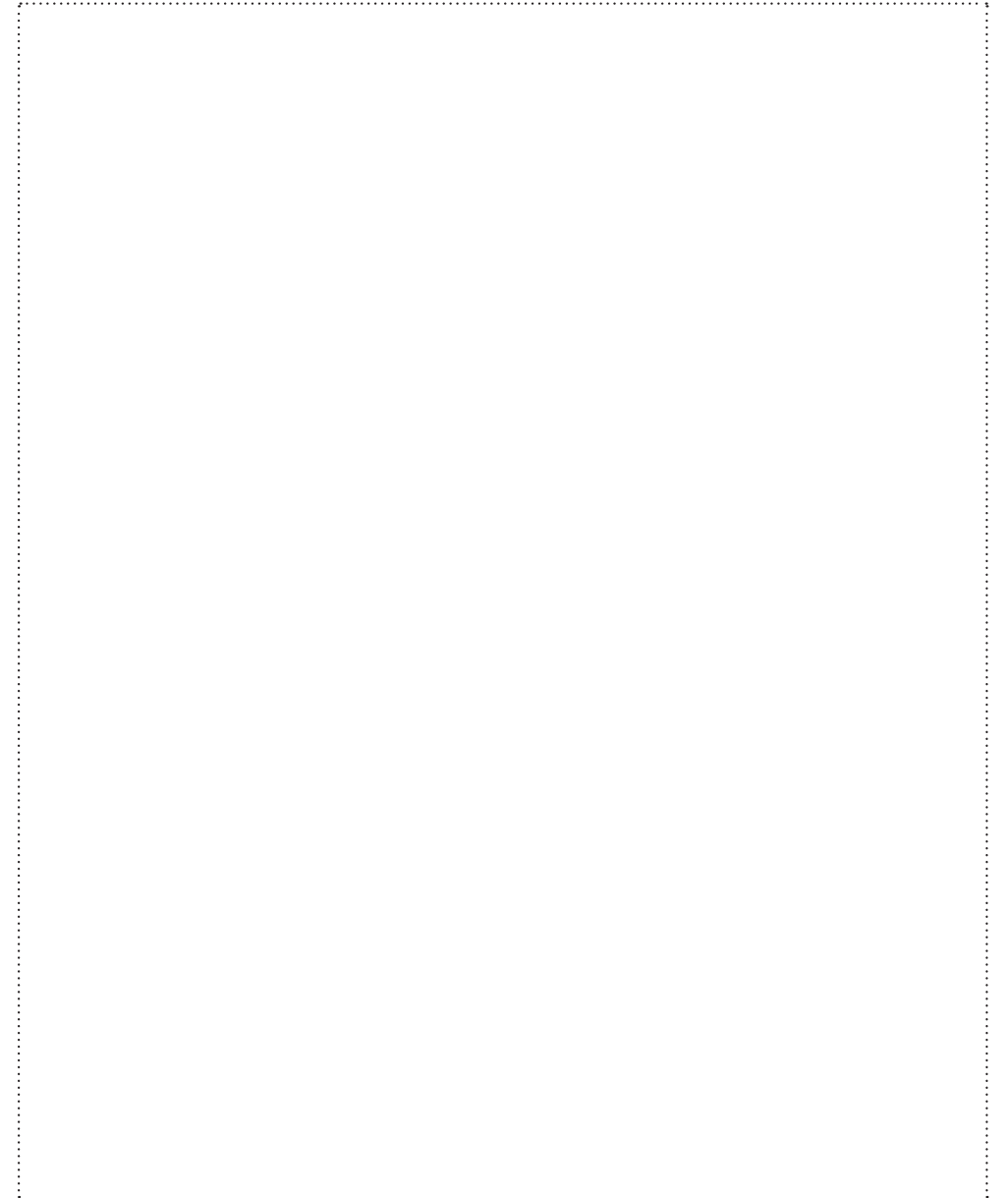


Week 2

What did I try this week?
What surprised me?
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What's something small that stuck with me?
What tension or question keeps coming up?

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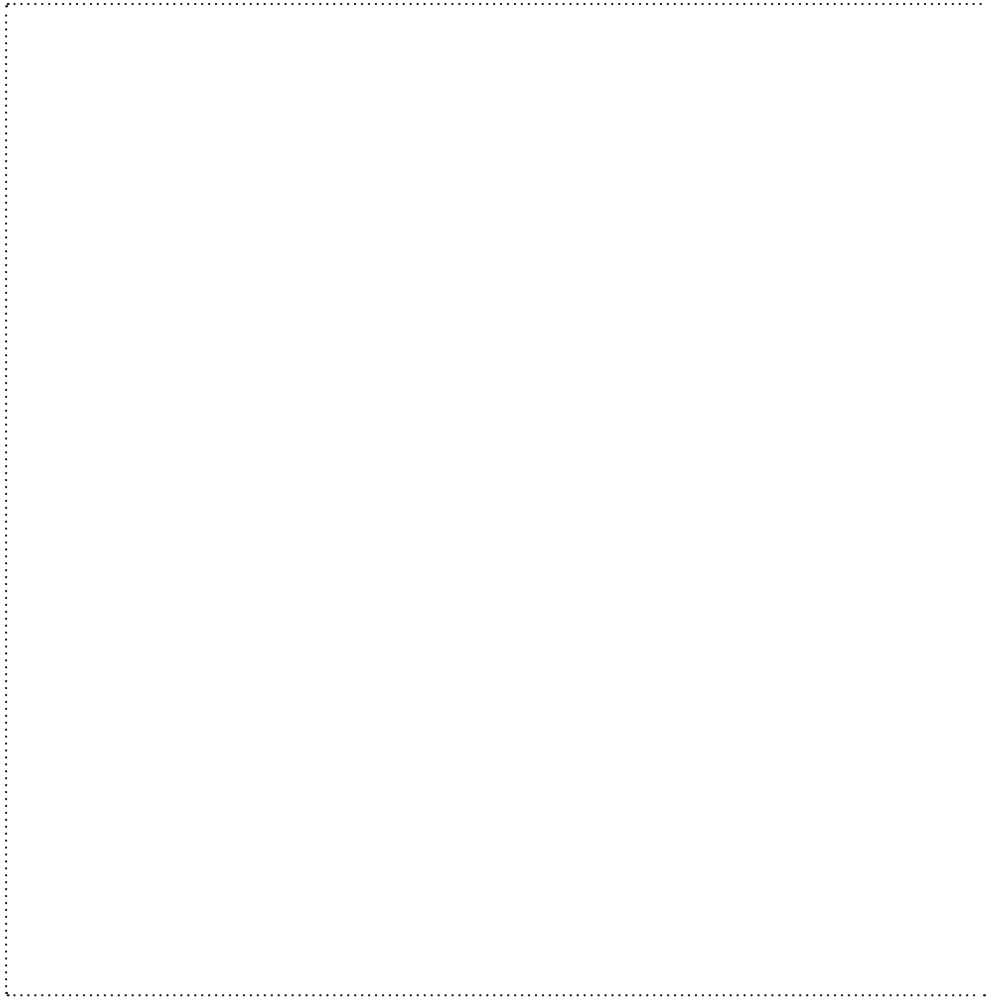


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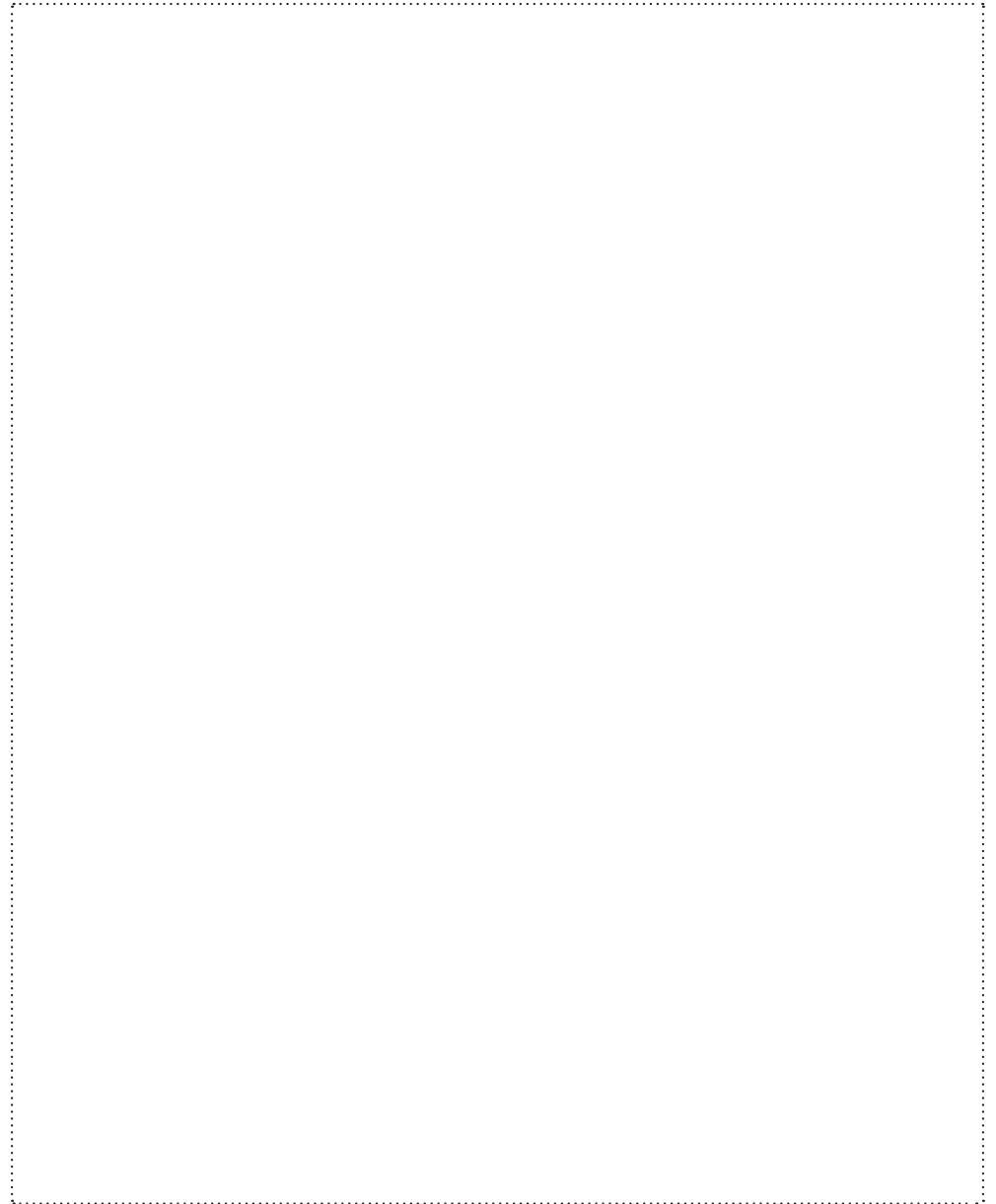


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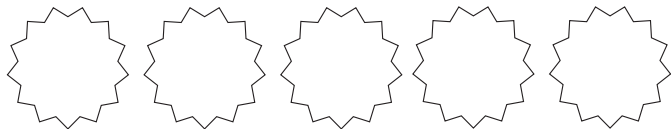
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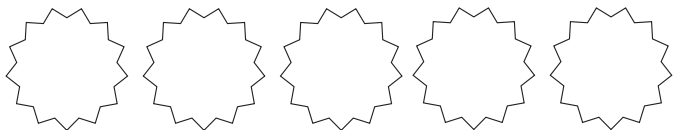
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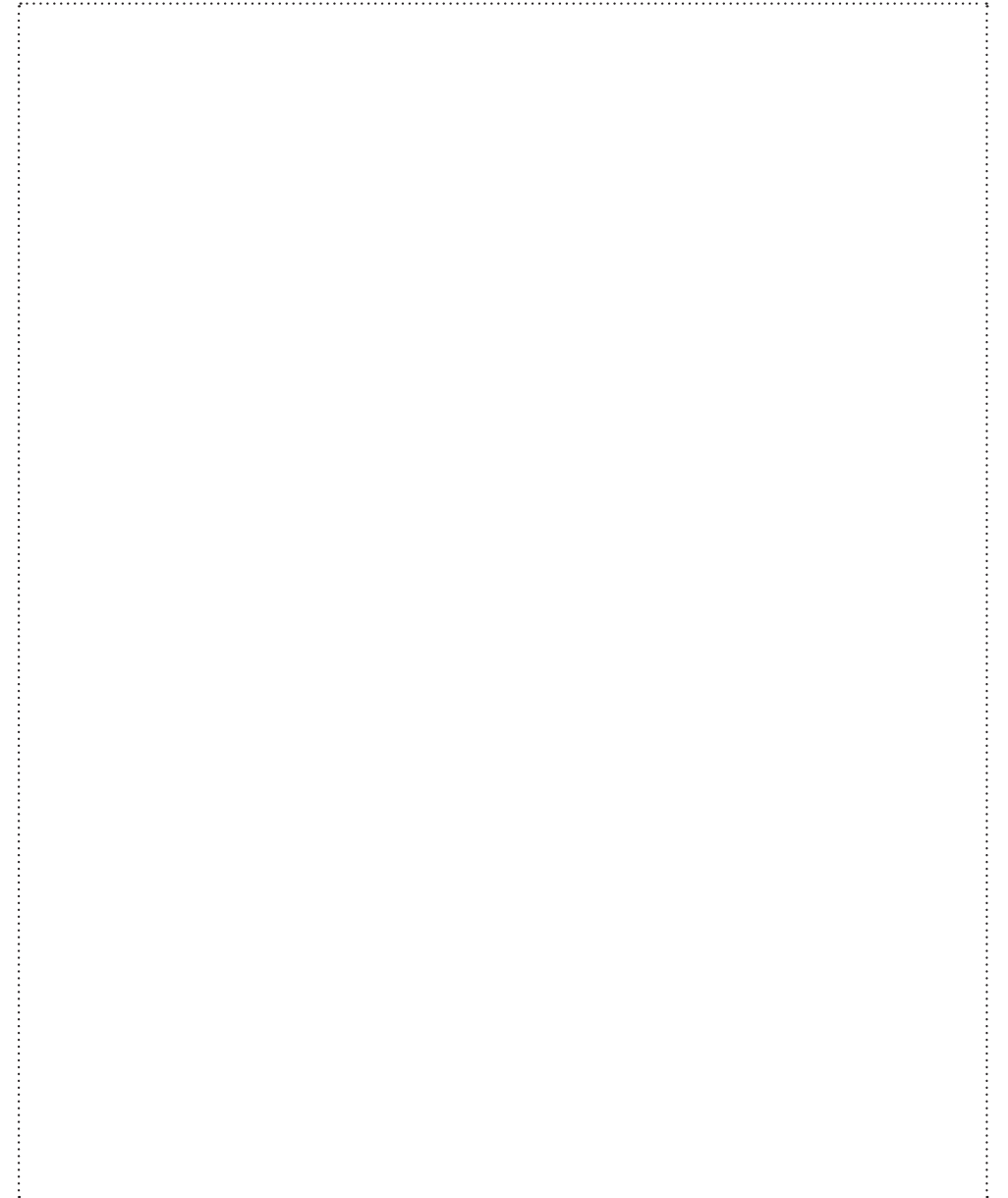


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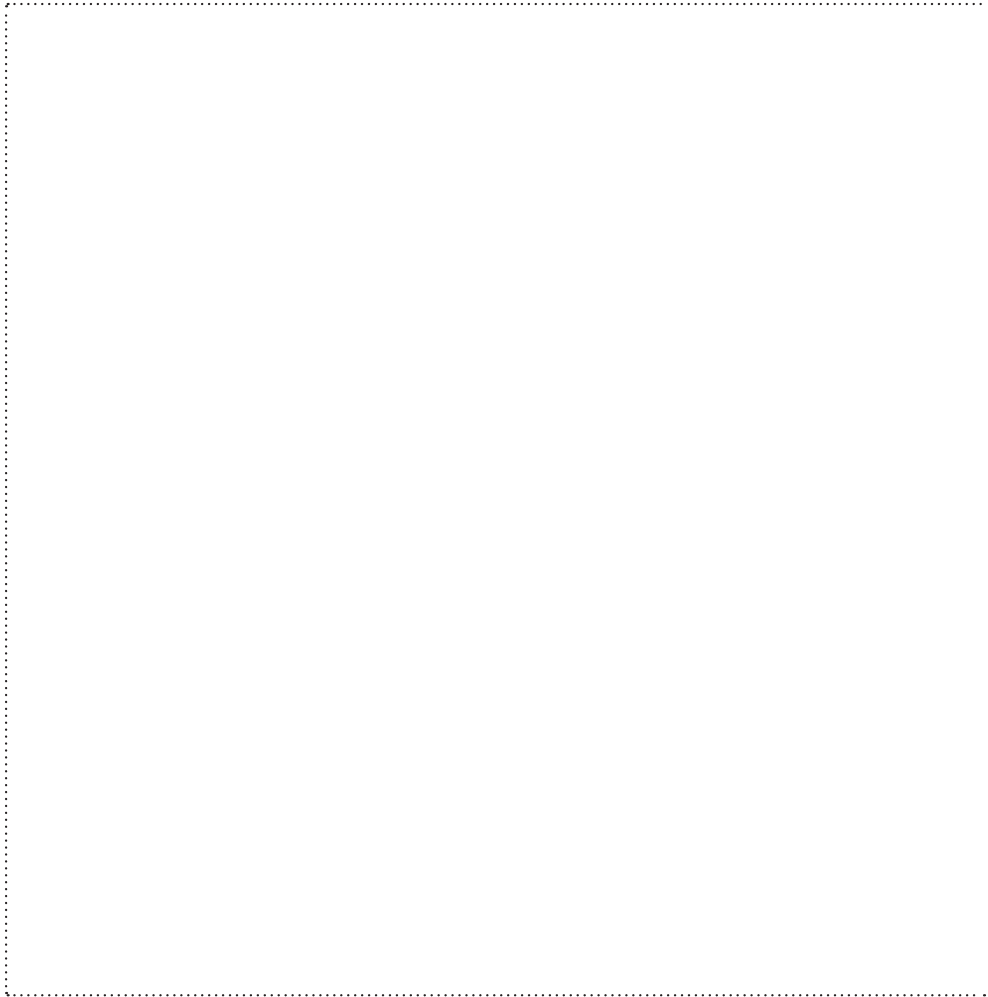


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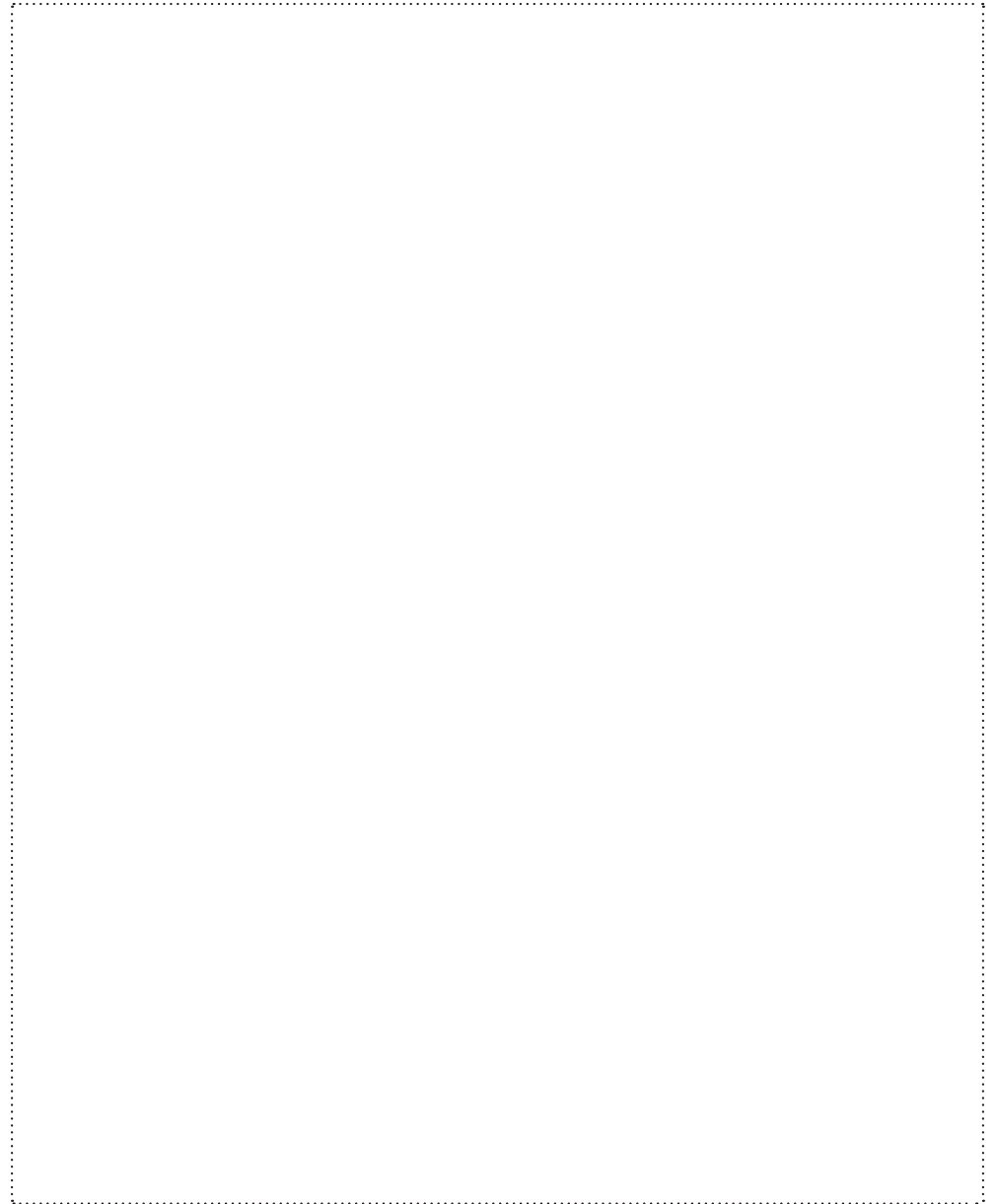


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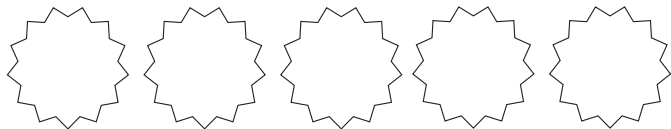
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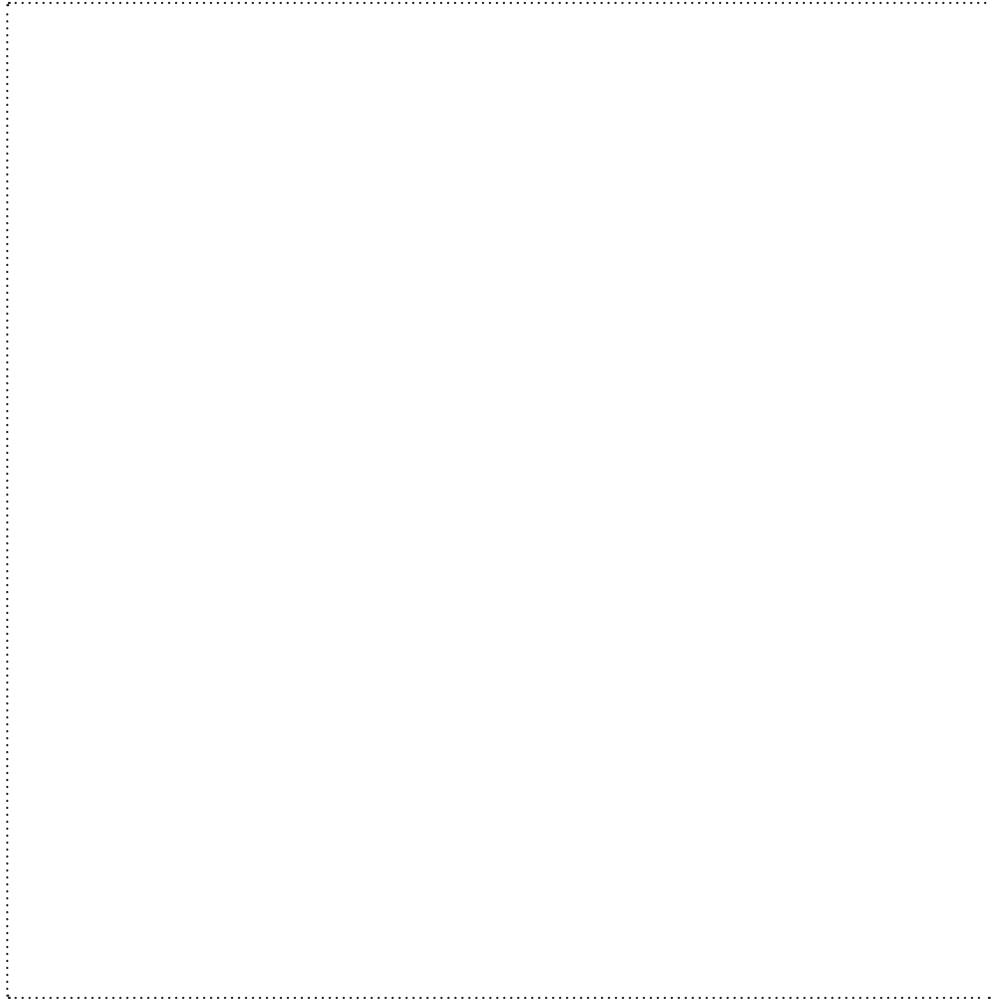
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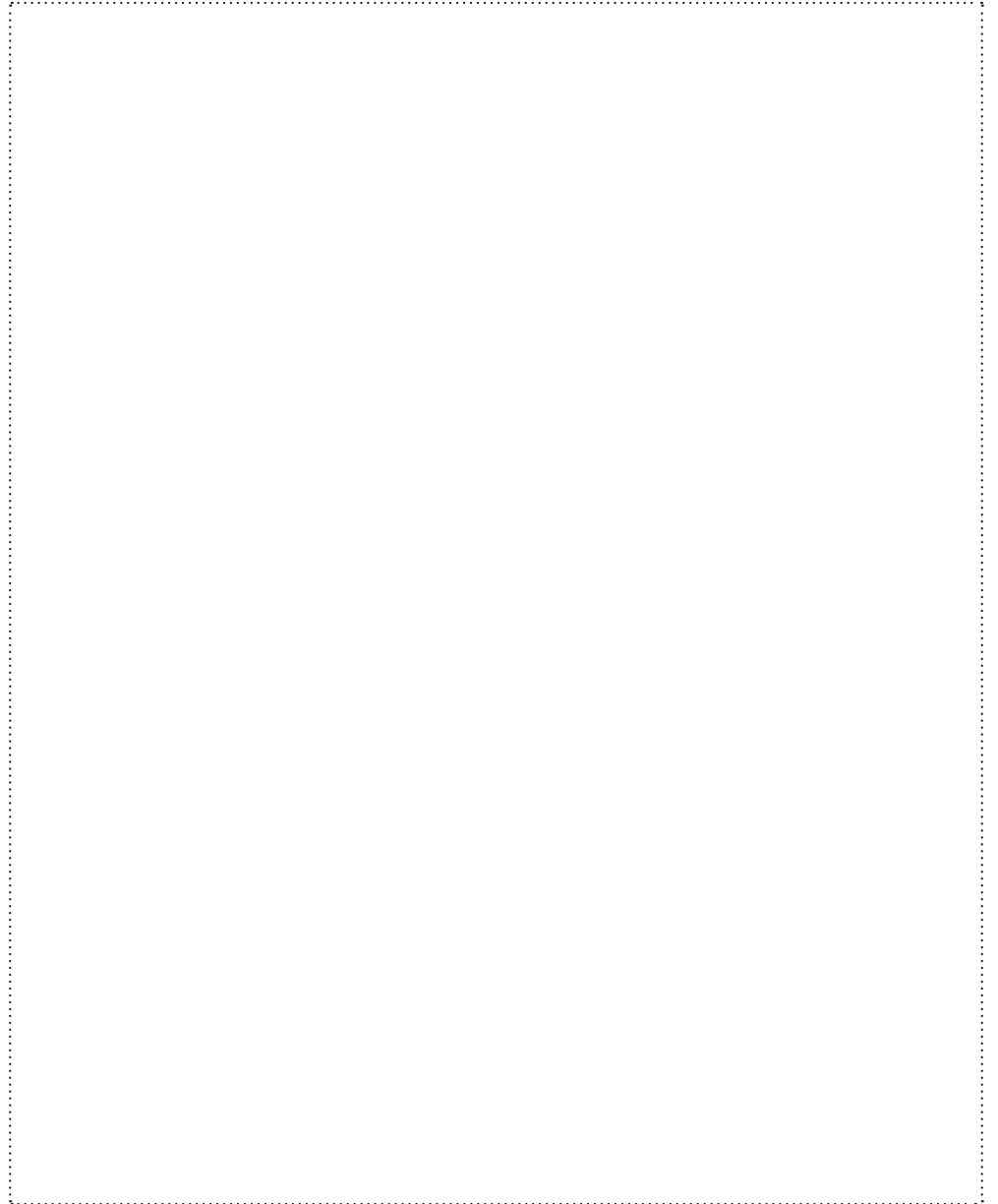
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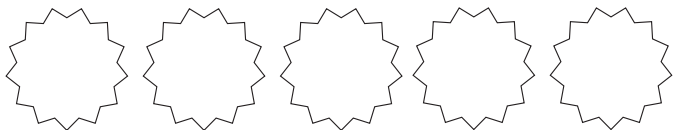
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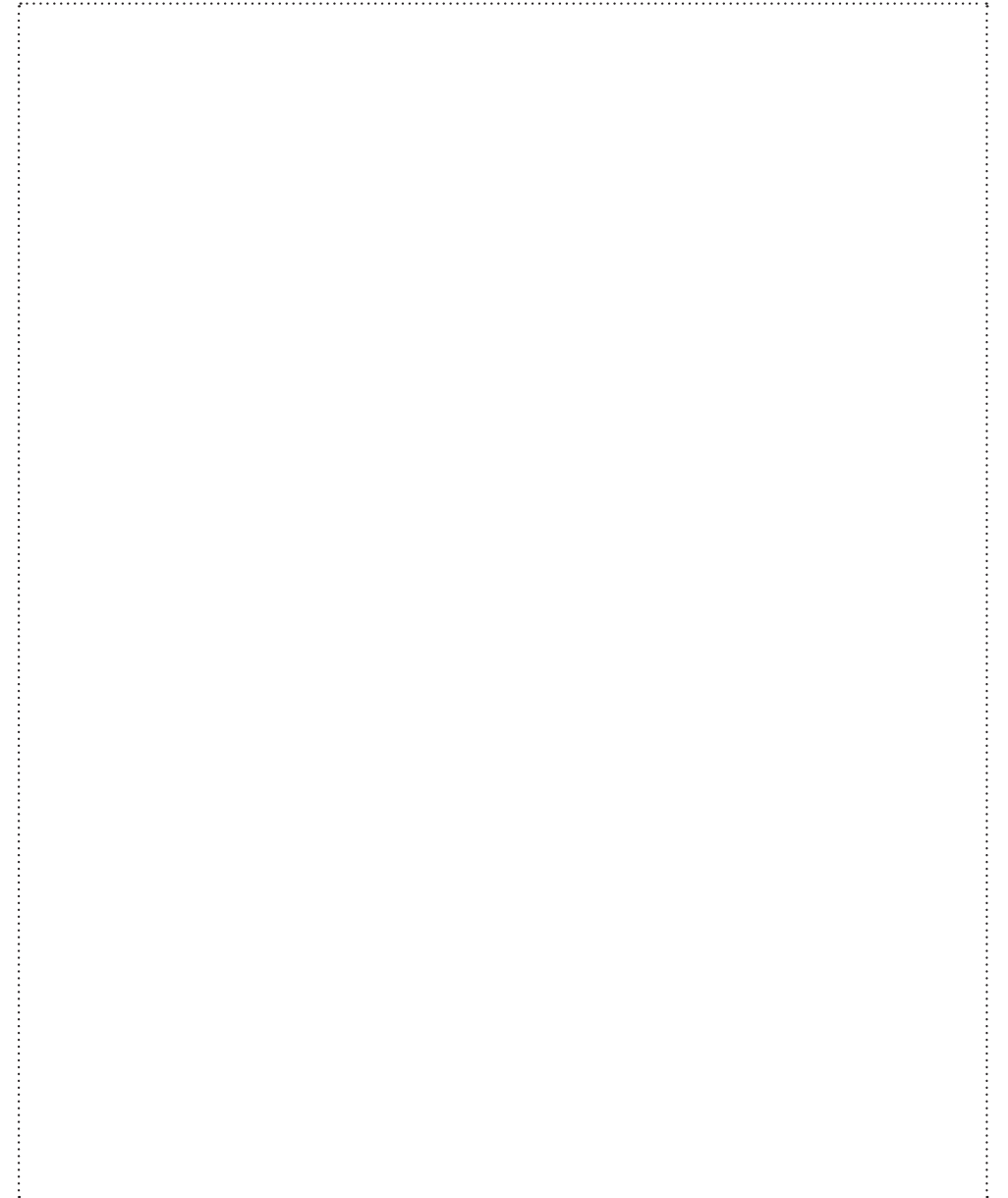


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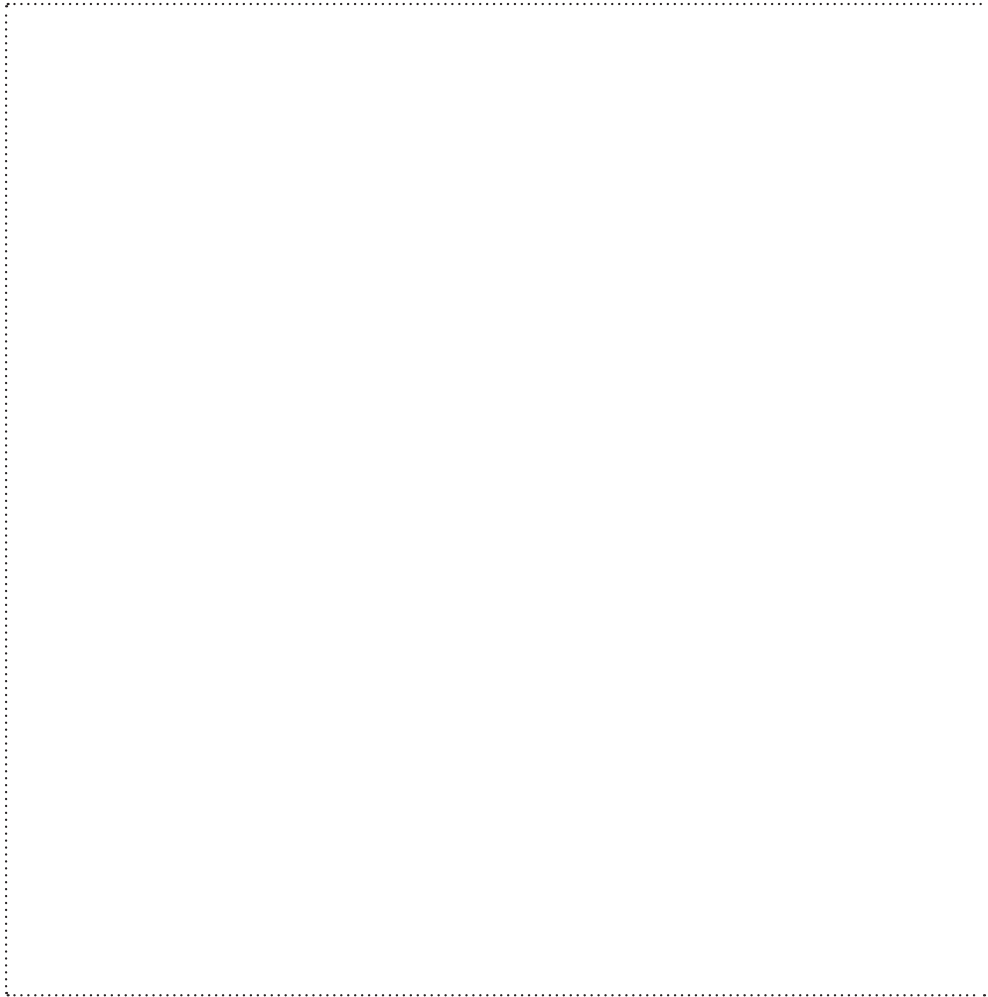


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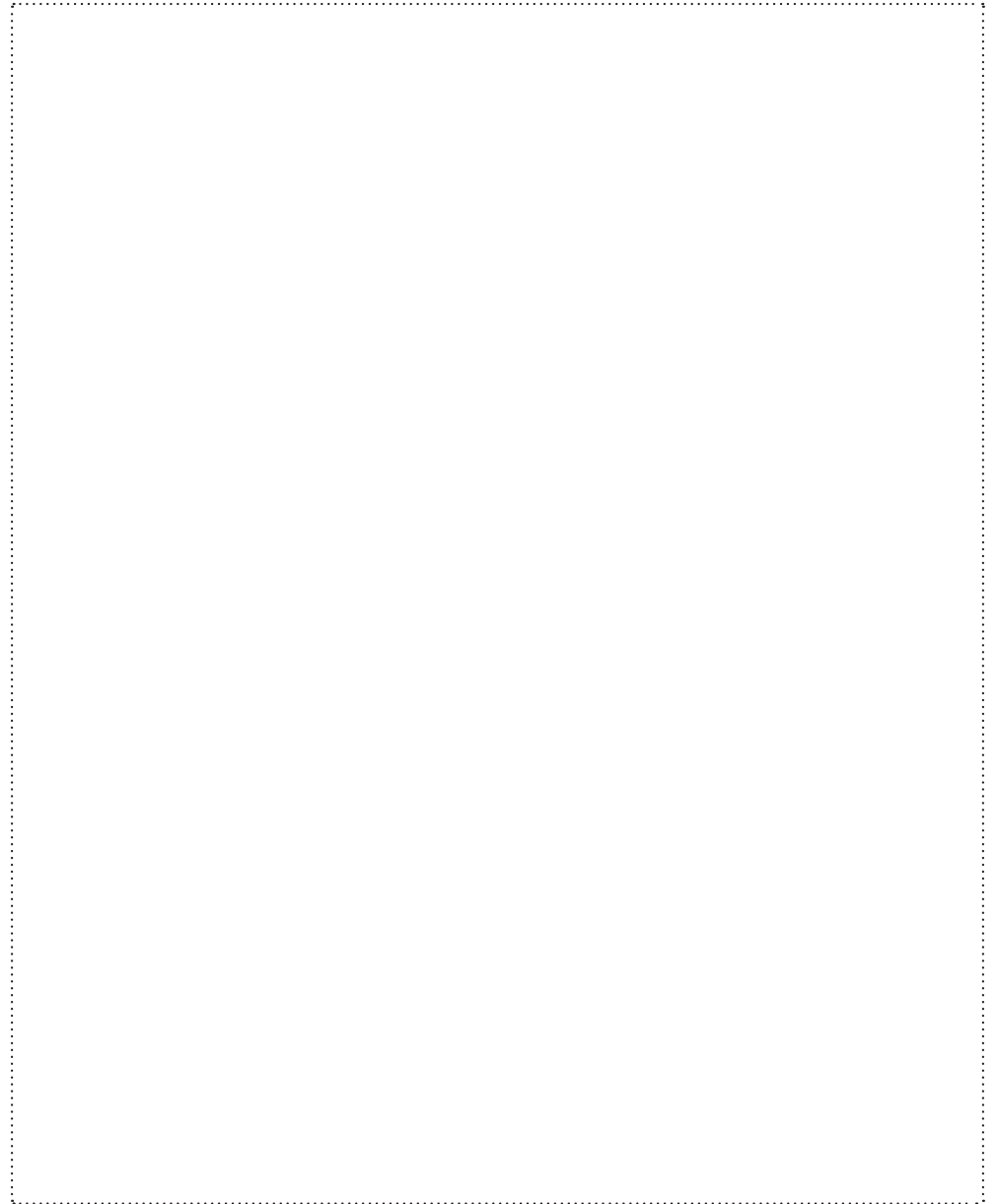


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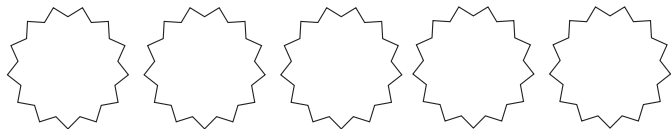
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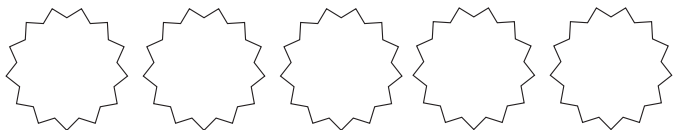
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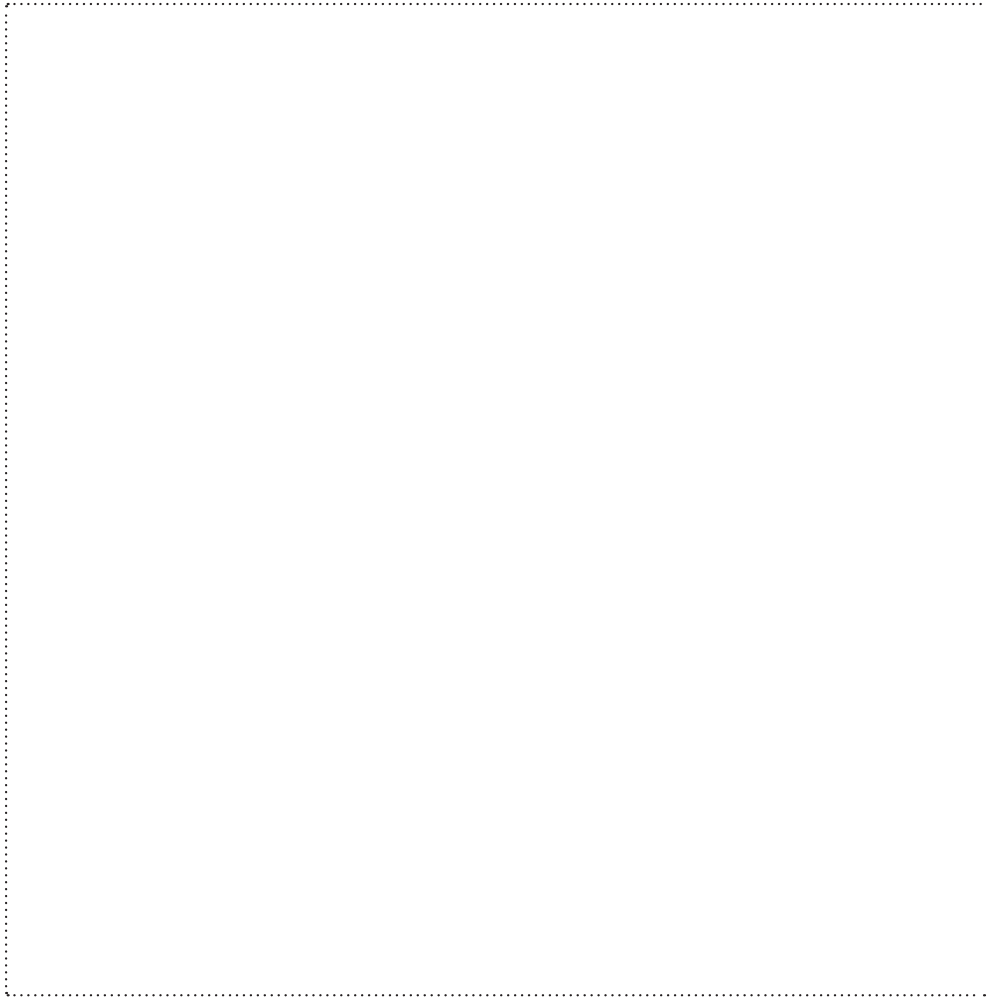
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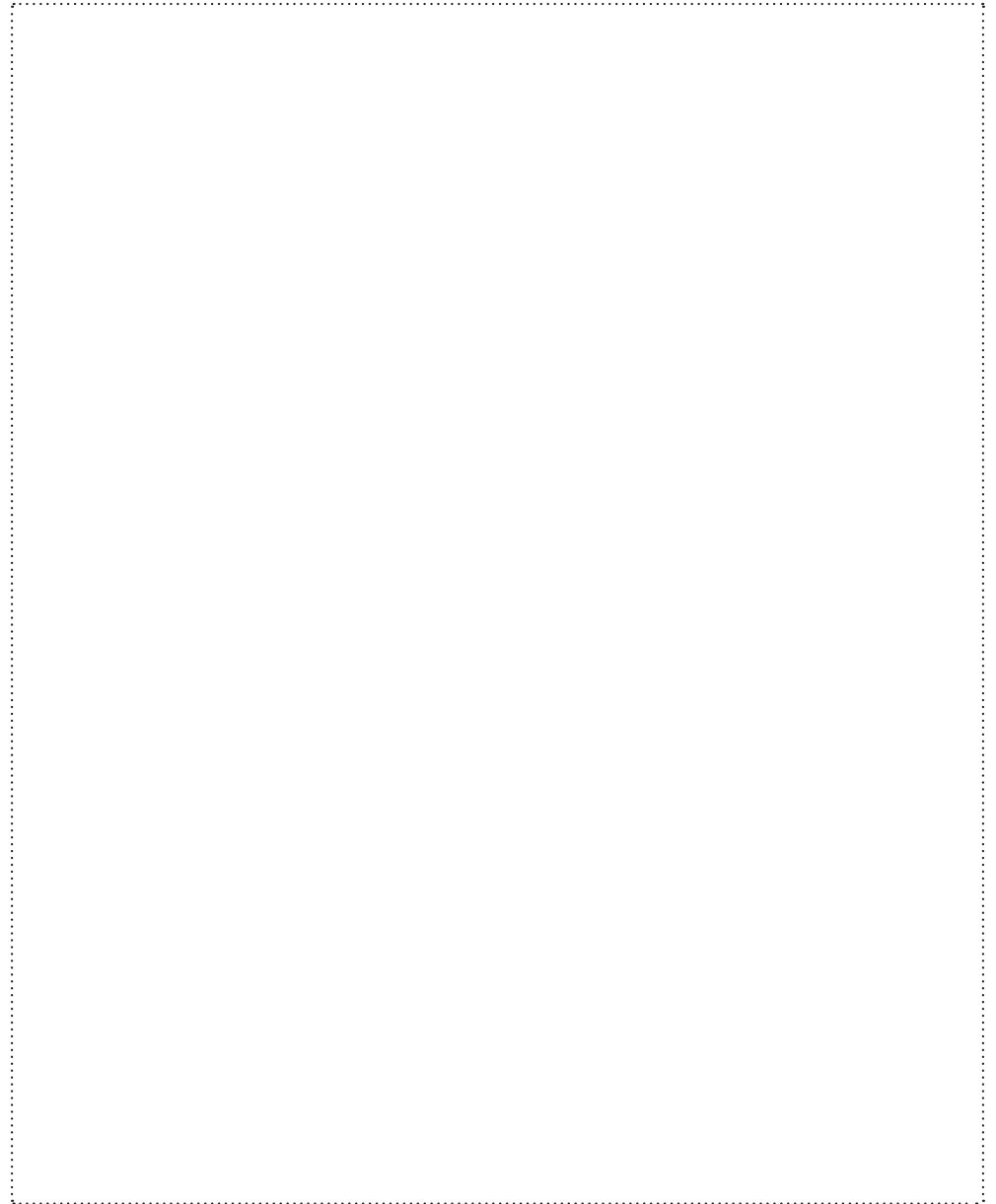


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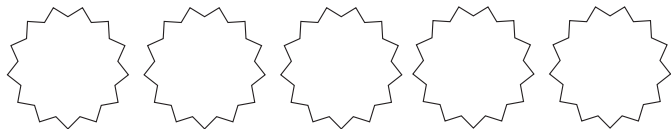
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Looking Back

Group Reflection

Now that the journal's made its way through all of us, take a minute to look back on your own pages and everyone else's.

.....

You don't need to respond to everything in this coming section but just write what feels real. This will be the place to connect threads, reflect on what stayed with you, and maybe pass something on.

Write your responses in a different colored pencil than before.
That way, we can see each other without needing names.

*what surprised you when
reading others' pages?*

*did anything someone else wrote shift
how you see your own process?*

Don't overthink it!
Respond quickly, honestly, instinctively. Let it feel like a conversation across time.

*what was shared that you
also felt but didn't say?*

*what's changed in how you think about
AI (or about your own work)?*

a quote or drawing that stayed with you:

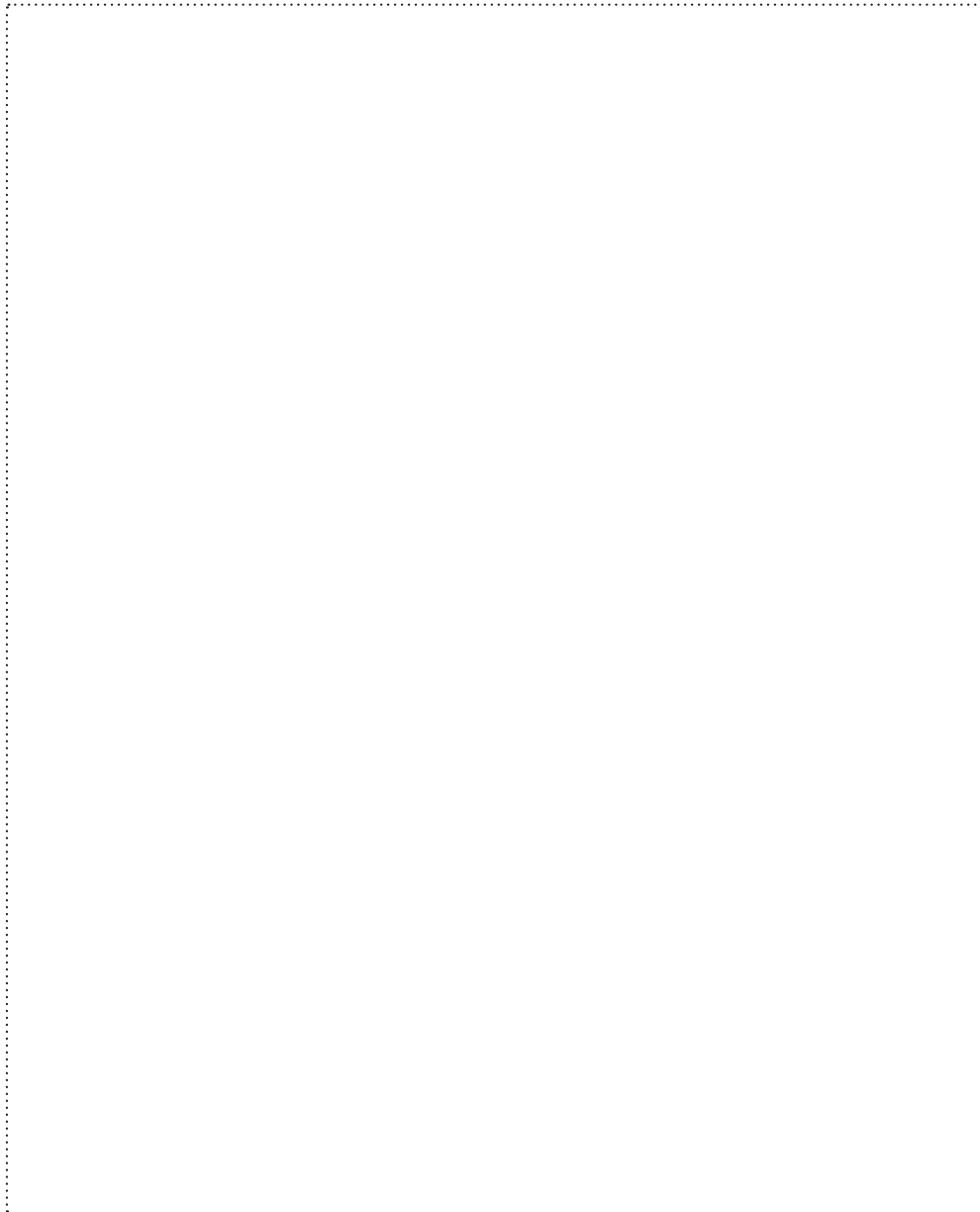
*what question from this journal
still feels unanswered?*

one thing I want to remember:

*if you could respond to one person in
here, what would you say?*

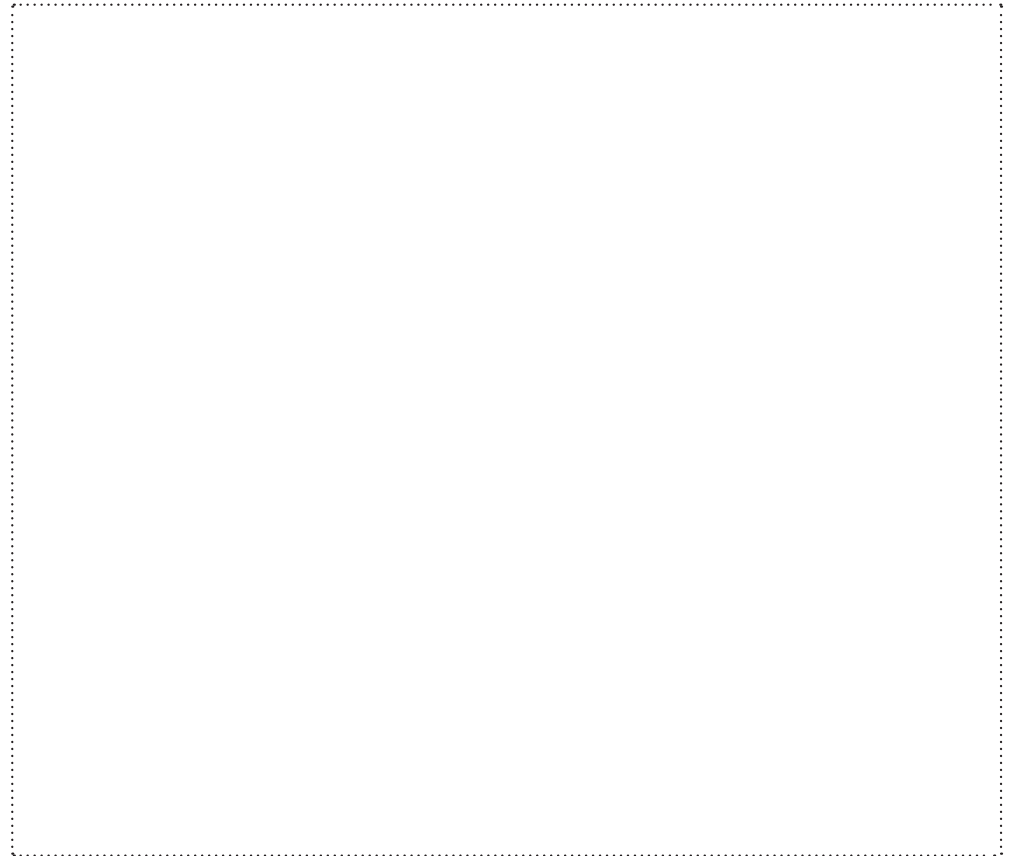
If This Journal Gets Picked Up Again...

Write something to the next group who might hold this book. it could be advice, a warning, encouragement, or just something you wish someone told you before you started.



Left Overs

What's still lingering?
What's unfinished, unresolved, or worth returning to later?



A Closing Note

For now, it's the end.
This version of the journal ends here.
Maybe it's complete. maybe it'll get picked up again.
Either way, thank you for being part of it.
You didn't have to be perfect. just honest.
That's what made this whole thing matter.

If you're done with the journal:
Scan or photograph pages you want to keep
Return to the host or pass it forward

Send Off & Thank You!

If You Want to Keep In Touch...

This journal is done for now, but the conversations don't have to be. If you want to keep talking, collaborating, or just checking in with the people who've been part of this, add your info below. No pressure & only if it feels right.

Name

-
-
-
-

Contact (email, instagram, etc.)

-
-
-
-

Anything you're looking for... (collabs, feedbacks, etc.)

-
-
-
-

.....

P.S.

If you all ever reunite or reprint this, please send them to grasse-hana4@gmail.com via email and maybe invite me to your dinner or screening one day :)

A shared journal passed between emerging filmmakers, created to hold questions, experiments, and the mess of figuring things out. Rooted in process, not perfection. Let's talk about you, film, and the rise of AI.

Want To Get
Involved?

Email

grassehana4@gmail.com

Or

WhatsApp

