HUMAN HOURS.

A guided journal for the things only you can put on paper.

30	06	01
SMALL INVITATIONS	WAYS TO BEGIN	PAGE AT A TIME

Notice. Draw. Wonder. Remember. Connect. Play.

Open anywhere. Take what you need. Leave room for yourself.

MADE FOR YOUR OWN WORDS.

Everyone Hates AI is a playful name with a human purpose. We want to make room for writing, drawing, noticing and spending time together.

This brand, journal design and prompts were created with AI assistance and human direction. The handwriting, sketches and stories you add are yours.

Use these pages without an app, account or upload. Keep them on paper and offline for as long as you choose. You do not have to turn a private moment into content.

There is no right pace and no required answer. Skip a prompt, change it, draw instead, or fill the space with whatever is on your mind. Choose ordinary, fictional or lighter subjects whenever you prefer.

If you try a shared activity, ask first. Either person can pass, stop or keep their page to themselves.

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SIX WAYS IN.

Choose a theme, open at random, or follow the pages in order. Each invitation offers three different spaces to explore.

01 **NOTICE** 005
Pay attention to what is already here.

02 **DRAW** 020
Make marks without needing to be an artist.

03 **IDEAS** 035
Give unfinished thoughts a place to go.

04 **MEMORIES** 050
Save a few details in your own words.

05 **CONNECTION** 065
Meet another point of view, by choice.

06 **PLAY** 080
Do something that does not need to be useful.

Looking back 095

Room for what comes next 096

A sentence counts. A drawing counts. You can leave a page unfinished.

A LITTLE TIME. JUST FOR YOU.

A place for the things only you can write. Given with love, friendship, or simply a little thought.

FOR _____

FROM _____

DATE _____

A NOTE BEFORE YOU BEGIN

A sentence is enough. This page can stay blank, too.

POCKET MUSEUM

Collect a few ordinary details without collecting the things themselves. Words, tiny sketches and unfinished observations all count.

SOLO Look around wherever you are.

SHARED Each person notices something; compare only what you want to share.

Seven small things

Find seven details you might normally pass by. A chipped cup, a crooked shadow, a sound behind a door. Name them without needing a lesson.

01

02

03

04

05

06

07

Stay somewhere comfortable and safe. Imagined details are welcome too.

A LINE WITH NO PLAN

Let a line find its own way across the page. Skill is not the assignment; paying attention to the marks is enough.

SOLO Use whichever hand or drawing tool feels comfortable.

SHARED Take turns adding to one line, with permission from both people.

Keep the line moving

Draw one wandering line. Let it slow down, turn back or loop. Lift your pen whenever you need to. You can trace the path with a finger instead.

A comfortable grip matters more than keeping the pen down.

THE QUESTION COLLECTOR

Collect questions before you try to answer them. A small, specific question often gives an idea somewhere to begin.

SOLO Notice what you are curious about.

SHARED Each person contributes questions; nobody has to supply an answer.

Six things to wonder

Write one question in each space. Begin with an ordinary thing, an inconvenience, a surprising habit or a harmless "what if."

Why does...

What if...

How might...

When did...

What happens if...

A question of my own

Take the space you need. You can continue in another notebook.

A DAY IN OBJECTS

Remember a day through things that were there. It can be an ordinary day, a made-up day or a day you would like to remember.

SOLO Choose details you feel comfortable keeping.

SHARED Choose a shared day, then let each person remember it differently.

Four things from that day

Draw or name four objects. They do not need to be meaningful on their own. A bus ticket, a spoon or a coat can carry a whole scene.

Something I carried

Something I used

Something I noticed

One object of my own choosing

Take the space you need. You can continue in another notebook.

A GOOD QUESTION

Make room for an answer you do not already know. A question can be an invitation without becoming an interrogation.

SOLO Answer as yourself or invent a character.

SHARED Ask permission to trade questions; either person can pass.

Choose a doorway

Pick one question to answer or rewrite. You can make it smaller, more specific or more comfortable.

What have you enjoyed learning lately?

What ordinary thing do you know a lot about?

What place would you like to understand better?

What question would you rather be asked?

Take the space you need. You can continue in another notebook.

THE UNLIKELY MUSEUM

Invent a collection nobody has asked for. The objects may be ordinary, impossible or only describable in words.

SOLO Curate your own tiny museum.

SHARED Each person contributes exhibits; decide the name together.

Six questionable treasures

Draw or describe six exhibits. Try a jar of almosts, a very patient button, or something entirely of your own invention.

Exhibit 01

Exhibit 02

Exhibit 03

Exhibit 04

Exhibit 05

Exhibit 06

Take the space you need. You can continue in another notebook.

WHAT STAYED?

You do not need to finish every page to look back. Keep a few words or marks with you. Nothing has to become a lesson.

A page or small detail I would like to revisit

Something I want to keep noticing

An idea I am happy to leave unfinished

You do not have to finish the book to call it yours.

OFF SCRIPT.

This space is yours. A list, a drawing, a letter, a plan, a little nothing. Follow a thought without asking it to become anything else.

You can begin again whenever you want.