BEFORE YOU BEGIN

HUMAN HOURS.

PRIVATE THOUGHTS

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

42
SMALL INVITATIONS

06
WAYS TO BEGIN

01
PAGE AT A TIME

No app. No audience required. Your own words.

BEFORE YOU BEGIN

MADE FOR YOUR OWN WORDS.

Everyone Hates AI is a playful name with a human purpose. We want to make things that invite people back to writing, making, noticing and spending time together.

This book was created with human direction and AI assistance. The design and prompts offer a place to begin. The handwriting, ideas, stories and crossed-out sentences you add are yours.

You can use every page without an app, account, camera or upload. Keep the book on paper and offline for as long as you choose. You do not have to turn a private moment into content.

There is no audience to satisfy here. No feed to refresh. No suggested rewrite waiting at the end of your sentence. Just a little space between you and the page.

We made the book. You decide what belongs in it.

THE WORDS YOU ADD ARE YOURS.

BEFORE YOU BEGIN

ON YOUR TERMS.

There is no correct order, pace or amount to write.

01 Open anywhere. Follow a theme or ignore the map. There are no daily deadlines, scores or streaks.

02 A sentence counts. A drawing counts. A list, a crossed-out word or an unfinished page counts too.

03 Skip or change any prompt. Choose an ordinary, lighter or fictional subject whenever you prefer. Stop if a page is not useful to you.

04 You do not owe anyone an answer. Use initials, nicknames, symbols or made-up details. Leave identifying information out.

05 If you invite someone to join an activity, ask first. Either person can pass, stop or keep their writing private.

06 Make the book comfortable to use. Find your own way to sit, hold the page or make a mark. The point is having space, not performing a ritual.

BEFORE YOU BEGIN

SIX WAYS IN.

Choose a thread, or begin with whichever page catches your eye.

01 **NOTICE** 007

Meet the ordinary details of your own life.

02 **UNTANGLE** 025

Give a crowded thought a little more room.

03 **VALUES** 043

Notice what matters when nobody is grading it.

04 **IDEAS** 061

Keep the thought before it becomes a pitch.

05 **MEMORIES** 079

Keep a few details in the handwriting of today.

06 **CONNECTION** 097

Make room for other people without giving away your page.

LOOKING BACK / YOUR NEXT PAGE 115

BEFORE YOU BEGIN

A LITTLE TIME. JUST FOR YOU.

For someone else, or a gift to yourself. Leave a note in the space below.

FOR

FROM

DATE

A NOTE BEFORE YOU BEGIN

The person receiving this book decides what to write and what to share.

01 / NOTICE

AN HONEST ARRIVAL

AS I AM, RIGHT NOW

Describe this moment without turning it into a better one. Ordinary words are welcome. You can write about the room instead of yourself.

What is around me

What is on my mind

What I would like from this page

02 / UNTANGLE

TAKE INVENTORY

EVERYTHING ON THE TABLE

Write the things competing for space in your head. Use fragments. You can leave out anything too personal or too much for today.

03 / VALUES

THE EVIDENCE OF A DAY

NAME WHAT MATTERED

Give that quality a name in your own language. What might it look like in a completely different part of your life?

04 / IDEAS

BEFORE THE PITCH

AN IDEA, BADLY EXPLAINED

Explain an idea as if you were talking to yourself. Leave in the gaps and odd comparisons. Nobody needs to understand it yet.

05 / MEMORIES

THE ORDINARY SCENE

NOTHING MUCH HAPPENED

Choose a memory in which nothing important happened. Describe it slowly enough that the ordinary parts can remain ordinary.

06 / CONNECTION

A BOUNDARY IN PLAIN WORDS

WHAT I WANT TO KEEP FOR MYSELF

Choose an everyday boundary about time, space or sharing. You do not need to justify a sensitive private detail to use this page.

The situation

What I am comfortable offering

What I want to keep for myself

YOUR PAGE

OFF SCRIPT.

A list. A drawing. A letter. A little nothing. This page belongs to whatever comes next.

An unfinished book can still be yours.