Everyone Hates AI

A HANDWRITTEN KEEPSAKE

THINGS I WANT YOU TO KNOW

Stories, lessons and letters.



For Human Use Only

48 INVITATIONS

YOUR WORDS, KEPT CLOSE

THINGS I WANT YOU TO KNOW

Stories, lessons and letters
in your own handwriting.

A place for the things
you never want to lose.

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A NOTE TO BEGIN

A place for your own words.

There are things a photograph cannot explain. Why a certain meal feels like home. What someone meant when they used a familiar phrase. The small kindness you still remember years later.

This book makes room for those details. For what happened, what you learned, and what you would like someone to hear in your own words. You can write for yourself, for one person, or for people you have yet to meet.

Family can mean relatives, chosen family, friends, neighbors, or anyone who helped make your life. An ordinary afternoon belongs here as much as a turning point.

Begin with something you remember clearly: a room, a voice, a particular day. A few honest lines are enough to start.

Some things deserve a place you can hold.

THIS COPY

Make this book yours.

MY NAME / THE NAME I USE

I STARTED WRITING ON

FOR ME, OR FOR SOMEONE I CHOOSE

A NOTE FOR THE PERSON WHO OPENS THIS BOOK

HOW TO USE THESE PAGES

Start wherever you like.

Follow your memory.

Open to a prompt that catches your attention. You can skip any invitation, change it, draw, or write about something else.

Let a story take its space.

Each invitation has two facing pages. Use both for one piece of writing, or let the second question bring out another detail.

Leave room for uncertainty.

If you cannot remember a name or date, leave a gap. You can note who told you a story or add another version later.

Choose what to share.

A letter can stay in this book. You decide whether, when, and with whom to share your writing.

Find your way back.

Use the contents on page 5 and your personal index on pages 118–119. Pages 112–117 offer extra space. Add a page reference when a story continues there.

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01 / FAMILY STORIES

01

Family Stories

A family story can begin with the people who raised you, the people you found, or the people who made room for you. It can be a grand occasion or an ordinary afternoon. Start with a scene you can still picture: a kitchen, a car ride, a voice calling from another room. You do not need a complete family history. A few honest details can give someone a way to imagine a world they never got to see.

01 / FAMILY STORIES

A place to start.

Use the names, nicknames, and relationships that feel right to you. Begin with whichever memory arrives first, and leave space for stories you may remember later.

01 / FAMILY STORIES / 01

The Place We Called Home

Choose a place that felt like home during one part of your life. Walk us from the entrance to the spot where people gathered. Who was usually there? What could you hear, smell, or see? Include one detail a visitor might have missed but you would recognize anywhere.

DATE / PLACE (IF YOU LIKE)

01 / FAMILY STORIES / CONTINUED

Just Outside the Door

What waited outside: neighbors, weather, a familiar route, somewhere you were always heading? Draw a small map if words are not enough.

CONTINUE YOUR WRITING HERE

02 / LIFE LESSONS

02

Life Lessons

Most useful lessons arrive in ordinary clothes. You try something, misunderstand something, accept help, or notice what keeps happening. These pages are for what experience has taught you so far. You can be certain about one thing and still be working out another. Give the story behind your advice whenever you can. Someone reading it may live a very different life, but the details can help them understand how you came to see things as you do.

02 / LIFE LESSONS / 01

I Learned by Trying

Think of something you could not learn simply by being told. Perhaps you had to grow it, build it, practice it, care for it, or begin again. Describe one early attempt and a later one. What did experience teach you that instructions alone could not?

DATE / PLACE (IF YOU LIKE)

02 / LIFE LESSONS / CONTINUED

A Tip for the First Attempt

What small piece of practical advice would have helped you begin? Include the mistake a beginner can afford to make.

CONTINUE YOUR WRITING HERE

03 / LETTERS TO LOVED ONES

03

Letters to Loved Ones

A letter gives your words a person to turn toward. You can write to someone close, someone far away, yourself at another age, or a person who is no longer part of your daily life. These letters do not have to be sent. You decide which stay private, which you share, and when. Begin with a name or a simple hello. If a prompt does not fit a relationship in your life, choose another person or leave the page for later.

03 / LETTERS TO LOVED ONES / 01

You Helped More Than You Knew

Write to someone whose help stayed with you. Tell them what was happening and what they did, using the details they might not know you noticed. Explain what their action made possible or how it changed that day. Let your thanks sound like you, without making it larger than it needs to be.

TO / WRITTEN ON

03 / LETTERS TO LOVED ONES / CONTINUED

What Stayed with Me Afterward

Tell them about one later moment when their kindness came back to you, or influenced something you did for another person.

CONTINUE YOUR WRITING HERE

04 / THINGS WORTH KEEPING

04

Things Worth Keeping

Some things matter because they are useful. Others carry a person, a place, or a whole season of your life. These pages can hold a recipe, the story of an object, the steps of a familiar task, or words that help you live as yourself. Think of this section as a shelf made of paper. Put a few things here that you would like to find again, without needing to remember where you saved them or who else knows the details.

04 / THINGS WORTH KEEPING / 01

The Recipe in Someone's Head

Write down a recipe or food preparation you do not want to lose. Include ingredients, approximate amounts, steps, and the signs that tell you it is ready. Whose version is this? Record the little adjustment, improvised measure, or serving habit that a standard recipe would leave out.

DATE / PLACE (IF YOU LIKE)

04 / THINGS WORTH KEEPING / CONTINUED

What We Serve with It

Add substitutions, serving notes, or the story of when you usually make it. A sketch of a familiar cup or measure is welcome.

CONTINUE YOUR WRITING HERE

YOUR PERSONAL INDEX

Find it again.

Write a name, subject or first line, and the page where you can find it.

PERSON / STORY / SOMETHING TO REMEMBER	PAGE

TO BE CONTINUED

You can come back to this.

A book like this can grow a little at a time. Add the forgotten name, another version of a story, a date in the margin. You can change your mind about what you want to say.

Keep it somewhere you can find it again. These pages can be read without power, an internet connection, or an account. If you choose to share them, you decide how.

ONE THING I WOULD LIKE TO ADD LATER

AI helped create the design, illustration and writing prompts.
The experiences you choose to record are your own.

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Everyone Hates AI

SOME THINGS DESERVE A PLACE YOU CAN HOLD.

The story behind a familiar saying. A lesson that took time. A letter you have been meaning to write.

Things I Want You to Know offers 48 invitations to record family stories, life lessons, letters to loved ones, and the details you want to keep. Each has two facing pages for your own words.

Begin anywhere. Include the people who make up your family. Keep these pages for yourself or share them when you choose.

AI helped shape the design, illustration and prompts.
You bring the memories.

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