

Mindfulness Activity

As an individual, choose one of the quotes below on the documentary filmmaking process. Take 3 minutes to close your eyes and reflect on the quote, connecting it to your experience as a documentary filmmaker.

Quote 1: “You know, the process of making a documentary is one of discovery, and like writing a story, you follow a lead and that leads you to something else and then by the time you finish, the story is nothing like you expected.”

- William Shatner, *Canadian Actor*

Quote 2: “I think what I love about the documentary process is that you bring yourself to the documentary. And hopefully that makes you ask good questions, and hopefully that makes you reveal a little bit about yourself as well.”

- Soledad O’Brien, *American Broadcaster*