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Culmination Project  
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### Weekly Journal #2

So during the past two weeks of March, I have essentially taken the time to start filming and to be honest this is a completely tricky process. For me, the number one challenge that I'm going through is that I'm often pontificating about the smallest details for my project. Once I started to change my mindset and realize that this project is going to have a positive message, I started delivering my lines better. I spent a couple of hours getting shots where I am speaking and I must have taken at least ten shots for every sentence that I was saying. I figured that the more persistence that is applied towards the filmmaking process, the more confident my delivery will have as a result and I'm starting to notice how better I've gotten at delivering stronger arguments. On the other hand, one of my favorite moments in filmmaking was incorporating a lot of B Roll shots into my project. I honestly really liked how I was able to get some shots of me walking outside my area. This is going to be perfect for the body of my project where I talk about different solutions regarding destressing. Pretty soon, I am going to be experimenting with Adobe Premiere for the first time, so I'm honestly looking forward to making my edits along with having some nice background music. I also need to edit my culmination poster after getting some good feedback. Overall, this month has been better compared to last month.