It's a 5 a.m. and I'm sitting in a car headed for Santa Cruz.

There are four of us huddling for warmth in the car and the sun is chasing us to the horizon. We have eggs, bacon, coffee and a Dutch oven in the backseat, just begging to be used on the beach. Mornings like this just feel fully seized.

An air of superiority wells up in me. Mostly everyone else I know is still asleep, and I don't feel bad for being up earlier than them.

Who cares that I'll be nodding off in Algebra II in six hours?

Who cares if my coffee has grounds in it?

Who cares that the sun rises in the east and not on the West Coast?

I love life.

Mornings like this are rare, and I can't explain just how much everyone needs them from time to time.

The bits of sand that got into my eggs remind me bite by bite just what world I live in.

Seagulls and gusts of wind remind me who's in charge, and it's not me.

We get so little time away from the ebb and flow of life, that we forget where we came from.

Slowing down is strangely the hardest thing to do, but it's what we live each day striving for.

Too much sowing and not enough reaping is overwhelming us.

You have to pause and ask yourself if it's even worth it.

That grade, that promotion, is it worth me sleeping in my car, never seeing my friends, and overall throwing my life out the window so that I can have a "better" one?

You can't go crazy on the other side either, though.

Work needs to be done, and days need to be enjoyed.

It's that balance we work so hard to find.

At the event, Do discovered a subculture that immediately fascinated her and got her creative wheels rolling. She started the film as a school project, but once her instructor saw the work that Do had produced he encouraged her to finish the project and even helped her do so.

"This started right around 2001, when the show 'Survivor' premiered and reality television was just beginning to take off," Do said.

"I have been to so many rabbit events that I knew exactly what I wanted to do, focusing more on the rabbit king and queen competition."

The Kennedy High School alum managed to turn her love for the species and a chance encounter into an award-nominated documentary about the culture that surrounds these rabbit shows.

"I always loved rabbits and I missed them a lot," Do said. "I couldn't have one during film school because of my living situation but as soon as I could I started looking into getting one."

Do contacted a breeder whom she met at one of the shows which she described as, "very similar to the classic dog shows, but with rabbits."

For Do it was a little overwhelming being her first paying job and working for George Lucas while living on the legendary compound.

"I wasn't really sure what to expect coming in," Do said. "It was almost like being on a permanent vacation being surrounded by the forest."

Do started as an intern at LucasFilm but once her boss heard of her prior experience she began working a camera, which eventually led to editing.

"The whole time I was there we were working on Star Wars," Do said. "I was working the behind-the-scenes camera capturing the process of it all."

In May 2005, Do was invited to travel with the Lucas family to Europe for the red carpet premieres of Star Wars Episode 3. Do documented the trip for Lucas, beginning in Cannes and traveling through Germany, Rome and Monaco before winding up in London.

"It was so weird to experience it all as they did with such VIP access," Do said. "It was one of the best experiences I have ever had."

After finishing Rabbit Fever in 2010 and receiving some critical success, Do is now working as a freelancer, applying what she has learned along the way.

"I used to stay up all night after I got done working, editing and putting stuff together," Do said.

"You have to go above and beyond if you really want something. Don't settle. Don't be status quo. Put in the work."