



THE JOY OF
PHOTOGRAPHY

30 / 365 PHOTO CHALLENGES

30-DAY PHOTO CHALLENGE

Each day, for the next 30 days, create an image with the following themes:

- | | |
|-------------------------|-------------------|
| 1. Aftermath | 1. Simple |
| 2. Deep Down | 2. Bold |
| 3. With Love | 3. Patterned |
| 4. Not a Chance! | 4. Soft |
| 5. Slow & Steady | 5. Starts with F |
| 6. On a Whim | 6. Rocky |
| 7. In Sight | 7. Yellow |
| 8. I am ... | 8. In the Mirror |
| 9. In a Box | 9. Be Brave |
| 10. I miss ... | 10. On the Ground |
| 11. What's the Weather? | 11. Empty |
| 12. In Time | 12. Full |
| 13. Tattered & Torn | 13. Narrow |
| 14. Wishlist | 14. Wide |
| 15. Too Much | 15. Broken |
| 16. Full Color | 16. Bricks |
| 17. In Pieces | 17. Antique |
| 18. Freshly Washed | 18. Brand New |
| 19. Lit Up | 19. Hope-Filled |
| 20. In the Shadows | 20. In the Mirror |
| 21. High Tech | 21. Morning Light |
| 22. Up Close | 22. Silhouette |
| 23. On a Board | 23. Overflow |
| 24. In the Distance | 24. Gray Tones |
| 25. On the Road | 25. Wrinkled |
| 26. Starts with J | 26. Neon |
| 27. If You Knew | 27. Celebrate |
| 28. Handwritten | 28. Grainy |
| 29. Sharp-Edged | 29. Torn |
| 30. On Ice | 30. In a Bowl |

Visit chronic-joy.org for more resources.



365-DAY CHALLENGE

A 365-day photo challenge is a fun commitment to pick up your camera, phone, tablet, or Go-Pro, and capture a single shot every day of the year.

CHOOSE A CHALLENGE THEME

1. **One Year Highlight Reel** - Each day, snap a photo of a bright spot.
2. **Black & White** - Capture an image a day in black and white.
3. **Single Subject** - Shoot a single subject every day all year, such as:

- | | | |
|-----------|--------------|-------------------|
| • music | • textures | • food |
| • signs | • hands | • weather |
| • eyes | • landscapes | • one color |
| • shadows | • chairs | • signs |
| • circles | • liquid | • patterns |
| • tools | • light | • unusual objects |

4. One Theme 365

- | | | |
|-----------|-------------|--------------|
| • hope | • pain | • compassion |
| • joy | • love | • balance |
| • illness | • stillness | • provision |

5. A Color A Month

- | | | |
|--------------------------|--------------------------|----------------------------|
| • January - white | • May - green | • September - gold |
| • February - red | • June - pink | • October - orange |
| • March - green | • July - blue | • November - brown |
| • April - yellow | • August - purple | • December - silver |

6. A Theme A Week

 - Choose a new theme each week of the year.

FOUNDATIONS - A PHOTO ESSAY

Over the next 30 days, create photos capturing the essence of *who you are*, building a photo essay of *you*.

- Create photos showing the foundations of your life - what is your life built on?
- Who are you? How do you describe yourself? Capture that in pictures.
- What identifies your family and your unique personal history?
- How can you show your faith in photos?
- What are your likes and dislikes?
- What are your dreams and passions?
- What is your calling? What is your purpose?
- How does God define you? Not sure? Check out *You Are Loved!* on our [Printables](#) page.

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