



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



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

- One Year Highlight Reel** - Each day, snap a photo of something that delights you, inspires you, in which you see God.
- Black & White** - Capture an image a day in black and white.
- 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
- One Theme 365** - If something brings to mind your One Theme (see below - or choose your own theme), grab that shot!

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

chronic-joy.org/joy-of-photography

