



## THE JOY OF PHOTOGRAPHY

### CREATIVE PHOTO CHALLENGES

#### A DAY IN THE LIFE

Documenting a day helps us to slow down and notice the moments that structure and shape our lives, creating a unique and memorable photo story.

1. **Notice the Light** – Light makes ordinary objects interesting, and changes the mood or atmosphere of a space.
2. **Capture the Moments** – Photograph even those moments that seem mundane, routine, or ordinary. *Those moments are priceless!*
3. **Use the Camera You Have** – Photographer Chase Jarvis said, “The best camera is the one that’s with you.” What matters is not the quality of the images, but the memories to treasure.

#### STORY SERIES

Create a sequence of images that tell a story, for example:

- **Baking Bread** • From raw ingredients to steaming loaf
- **Artwork or Crafting** • From colorful materials to completed project
- **A Garden** • From seed planting to harvest or food on the table

#### UP YOUR GAME

Over the next 20 days, grow your photography skills by learning and practicing new terms, such as:

- |                             |                   |
|-----------------------------|-------------------|
| • Simplicity                | • Fill the Frame  |
| • Scale                     | • Negative Space  |
| • Depth                     | • Lead Room       |
| • Leading Lines             | • Headroom        |
| • Horizontal/Diagonal Lines | • Symmetry        |
| • Framing                   | • Vanishing Point |
| • Rule of Thirds            | • Bokeh           |
| • Golden Ratio              | • Macro           |
| • Golden Triangle           | • Contrast        |
| • Balance                   | • Catch Light     |

Visit [chronic-joy.org](http://chronic-joy.org) for more resources.



### PHOTOGRAPHY AS WORDLESS POETRY

Photography once limited us to the 12, 24, or 36 exposures on a roll of film. Today, that limit is gigabytes of memory. Once, we’d only discover whether we’d framed, focused, and exposed an image correctly after developing it in a dark room. Today, we can proof an image in-camera, make instant corrections, and try the shot again.

But what if, instead of almost unlimited re-takes, we could take only one photo?

For this challenge, choose a subject, pick up your camera, and set-up your shot or wait patiently for the right moment.

**A single shutter click. No corrections. No re-takes. And no do-overs.**

#### REFLECT ON THE CHALLENGE:

- What was this experience like for you?
- What did you learn about your process?
- What did you learn about yourself?
- What would you do differently next time?
- What would you do the same?

### WABI-SABI • A UNIQUE PHOTO CHALLENGE

Wabi-sabi is “a beauty that celebrates the impermanent, imperfect and incomplete.” Drew Carlos

It is about the process, not the final product, and it embraces the *art of slowness*.

Before you pick up your camera, spend some time observing things that are impermanent, imperfect, and incomplete, such as:

- |                         |                       |
|-------------------------|-----------------------|
| • rusted metal          | • a forest floor      |
| • peeling paint         | • frayed work clothes |
| • chipped china         | • scuffed shoes       |
| • a decaying tree trunk | • well-used tools     |

Photograph an imperfect object in an interesting way - with creative lighting, juxtaposed with something new, or placed against an unexpected backdrop. Then reflect on your experience:

1. Was the exercise engaging or frustrating?
2. Did you learn anything new about yourself?
3. Were you able to approach the exercise with a slow-art mind set?
4. Did you feel the nudge of the Holy Spirit? In what ways?
5. Did your understanding of photography grow in any way?

*I am coming to realize that gratitude is the very root of creative expression.*  
Beth Young, photographer and architect

[chronic-joy.org/joy-of-photography](http://chronic-joy.org/joy-of-photography)

