



THE JOY OF PHOTOGRAPHY

PHOTOGRAPHY CHALLENGES

TAKE A SELFIE!

Take a series of selfies over the next 30 days.

- What do you see that you love?
- What mental edits play on repeat?
- What do you feel when you look at your image?
- *Flip the script!* What does God say about you?
Not sure? Check out *You Are Loved!* on our Printables page.

THROUGH MY LENS

Get creative with the themes below then post your pics on Instagram, with the tag: [#ChronicJoy](#).

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|---------------------------|------------------------|
| Day 1: Create | Day 16: Pain |
| Day 2: Silhouette | Day 17: Into the Light |
| Day 3: I Miss ... | Day 18: Snack Time |
| Day 4: Joy | Day 19: Rust |
| Day 5: Friendship | Day 20: One of a Kind |
| Day 6: I Feel ... | Day 21: Dive In! |
| Day 7: Shadow World | Day 22: In a Box |
| Day 8: Shiny | Day 23: Freshly Washed |
| Day 9: In the Kitchen | Day 24: Dislike |
| Day 10: Tidy Up | Day 25: Found! |
| Day 11: Be Brave | Day 26: With a Pen |
| Day 12: Thankful | Day 27: Shelved |
| Day 13: Through My Window | Day 28: Under the Bed |
| Day 14: Hindsight | Day 29: In the Sky |
| Day 15: Black & White | Day 30: Buttoned Up |

52 PHOTOWALKS

Each week take a photo in a different location - rooms in your home, spots in your yard, local parks, cities, shelves in the closet, places you eat, hospital hallways, clinic rooms. Get creative and have fun with this!



Visit chronic-joy.org for more resources.

SNAPSHOT

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

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|----------------------|-----------------------|
| 1. Me | 16. Unfair |
| 2. Silent | 17. Mix & Match |
| 3. Favorite Place | 18. Through the Glass |
| 4. Up High | 19. Two Shoes |
| 5. Down Low | 20. I Need ... |
| 6. Out of the Blue | 21. Lined up |
| 7. Up Close | 22. In the Fridge |
| 8. From a Distance | 23. Unsure |
| 9. Mirror Image | 24. It's Chill |
| 10. In the Night | 25. One Dozen |
| 11. Sunrise | 26. Out of Focus |
| 12. Favorites | 27. Unexpected |
| 13. Water | 28. Reflections |
| 14. Template | 29. High Signs |
| 15. What I Don't Say | 30. Humor |

BOOK SHOTS!

"You bring to the act of photography all the pictures you have seen, **the books you have read**, the music you have heard, the people you have loved." *Ansel Adams*

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|-----------------------|-----------------------|
| 1. Currently Reading | 16. Who Done It? |
| 2. Newest Purchase | 17. Names & Places |
| 3. Best Cover | 18. Best Ending |
| 4. Favorite Genre | 19. Recommend |
| 5. About an Animal | 20. Bookshelf |
| 6. Book Stack | 21. Old Favorite |
| 7. Favorite Character | 22. Plot Twist |
| 8. Best Setting | 23. Wishlist |
| 9. Quotes | 24. Book Nook |
| 10. Short Story | 25. Favorite Author |
| 11. Slow Read | 26. Couldn't Put Down |
| 12. Inspirational | 27. LOL |
| 13. Edge of Your Seat | 28. Did Not Finish |
| 14. Series | 29. Tearjerker |
| 15. Freebie | 30. Bookmark |

*"The camera is an instrument that teaches people
how to see without a camera."
Dorothea Lange*



chronic-joy.org/joy-of-photography