

MINDFUL PHOTOGRAPHY GUIDE



Plan

CHOOSE A PLACE TO EXPLORE SUCH AS A TOWN, BEACH OR FOREST

CHARGE YOUR PHONE AND LET SOMEONE KNOW WHERE YOU ARE GOING

Gear

CAMERA - DSLRS ARE GREAT, TRY LIMITING YOURSELF TO ONE LENS OR THREE SHOTS PER SUBJECT
PHONE CAMERAS ARE FAB TOO!

PACK A DRINK AND SNACK - STAY HYDRATED AND ENERGISED

Intention

SET AN INTENTION TO HELP FOCUS YOUR EYE

TRY THEMES LIKE:
TEXTURE, SHAPE, NUMBERS OR SIGNS OF SPRING

Headspace

TAKE A MOMENT TO CALM BUSY THOUGHTS

CLOSE YOUR EYES, TAKE A DEEP BREATH
WHAT DO YOU... HEAR? SMELL? FEEL?

Walk

TAKE PHOTOS OF OBJECTS OR SCENES THAT FIT YOUR THEME

BANISH JUDGEMENT AND SEE WHERE CREATIVITY TAKES YOU

THERE IS BEAUTY IN IMPERFECTION