



PHOTO SHOOT

The Exercise

Using your phone or other camera, take one picture a day of the same subject for two weeks.

The subject should be a person, group of people or place that's a part of your regular daily life.

Keep In Mind

- You shouldn't have to go out of your way to find a subject and do this exercise. It should fit right into your regular life.
- "One photo" means taking one and only one image, not taking several and choosing the best one.
- Limiting yourself like this requires you to be patient and expectant. It also slows you down and forces you to be present in a way that can deepen your awareness.
- The point is not to take perfect pictures. No one will be critiquing your work. Instead the focus is on letting go of the outcome and being "in the moment."

Some Suggestions

- If it is a person, first ask the person's permission. It will likely be someone you're familiar with, so this shouldn't seem too intrusive.
- Don't ask anyone to pose or smile, simply capture a moment that seems reflective of their daily life or personality.
- If it is a place, you can think expansively. It could be a house, neighborhood, school, shops in a local downtown. Any of these will do.
- Allow a stance of curiosity and wonder to guide your decision on when to take a photo.
- If you do not have access to a phone or camera, simply observe the same subject for 5 to 10 minutes once a day for two weeks and jot down what comes to your attention.



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Reflection

At the end of two weeks, you should have 10 or so images, assuming you miss a few days. Take some time to really look at each image (not quickly swiping through them) and pick a few of the following prompts to guide your inner reflection on the experience.

- What image(s) stands out to you? What about it captures your attention?
What emotion does it surface for you?
- Is there an image(s) that you felt strongly about just before taking it?
What was the emotion you were feeling? What do you feel about the image now?
- What resistances, if any, did you feel about this exercise before doing it?
How do you feel about it now?
- What do you see in the subject now that you didn't see before?
Are you aware of any biases or judgements you had before?
- Looking over the images as a whole, is there a story that's being told?