

Life Through My Lens - 365

january

Capture, Create, and Explore Your World

31-Day Photo Challenge

Prompts & Tips for Creative Photography

1/1 - Celebrate

Prompt - Start the year with joy! Capture a moment of celebration-whether it's a toast, a smile, or a quiet moment of gratitude for a new beginning.

Tip - Look for vibrant colors, sparkling lights, or candid expressions that radiate happiness.

Notes _____

1/2 - One Little Word

Prompt - Choose a word that inspires your year ahead. Show us how it looks, feels, or lives in your world.

Tip - Incorporate your word into a photo-write it on paper, display it in décor, or capture something that symbolizes it.

Notes _____

1/3 - Reflect

Prompt - Take a moment to pause. What are you reflecting on today? Capture a thoughtful scene or something that invites contemplation.

Tip - Use mirrors, water reflections, or soft lighting to create a serene mood.

Notes _____

1/4 - Hibernating

Prompt - Cozy, quiet, and still. Show us what hibernation looks like in your life-whether it's a nap, a blanket fort, or a winter landscape.

Tip - Warm tones and textures (blankets, mugs, soft light)make the photo feel inviting.

Notes _____

1/5 - Passion

Prompt -What sets your soul on fire? Share something you love deeply-your work a hobby, or a person.

Tip - Capture action shots or close-ups that show energy and emotion.

Notes - _____

1/6 - Blue

Prompt - Find the blues around you-whether it's the sky, denim, or a moody moment.

Tip - Play with different shades of blue and contrast them with neutral tones.

Notes _____

1/7 - Relax

Prompt - Kick back and unwind. Capture a peaceful pause or your favorite way to rest.

Tip - Natural light and soft focus can make the scene feel calm and soothing.

Notes _____

1/8 - Morning Ritual

Prompt - What starts your day? Coffee, journaling, a walk? Show us your morning rhythm.

Tip - Use warm morning light and include small details like steam rising from a cup.

Notes _____

1/9 - Where I Stand

Prompt - Look down or around-what's your view today? Let us see the world from your feet.

Tip - Experiment with textures-floor patterns, shoes, shadows.

Notes _____

1/10 - Cook / Bake

Prompt - Get in the kitchen and capture the magic of making or enjoying a meal.

Tip - Show ingredients, process shots, or the final dish with vibrant colors.

Notes _____

1/11 - Comfort Zone

Prompt - Where do you feel most at ease? Share a space or moment that helps you recharge.

Tip - Include cozy elements-pillows, books, soft lighting.

Notes _____

1/12 - Self Portrait

Prompt - Step in front of the lens. Show us the real you-messy bun, big smile, or quiet confidence.

Tip - Use natural light and a simple background for an authentic feel.

Notes _____

1/13 - Weekend

Prompt - What does your weekend look like? Errands, adventures, or lazy lounging?

Tip - Capture candid moments that represent your weekend vibe.

Notes _____

1/14 - Currently Loving - Reading / Watching

Prompt - What book or show brings you joy right now?

Tip - Include the cover or screen in a cozy setting-blanket, coffee, soft light.

Notes _____

1/15 - Rule of Thirds

Prompt - Play with composition. Use the rule of thirds to frame something meaningful.

Tip - Place your subject off-center for a balanced, professional look.

Notes _____

1/16 - Symmetry

Prompt - Find balance in your surroundings-mirrored images, even lines, or perfect harmony.

Tip - Look for architecture, reflections, or nature patterns.

Notes _____

1/17 - Leading Lines

Prompt - Let your eyes follow the path. Capture lines that guide the viewer through your photo.

Tip - Roads, fences, hallways, or shadows make great leading lines.

Notes _____

1/18 - Negative Space

Prompt - Sometimes what's not there says the most. Use empty space to highlight your subject.

Tip - Keep backgrounds clean and let your subject breathe.

Notes _____

1/19 - Fill the Frame

Prompt - Get up close and personal. Let your subject take up the whole shot.

Tip - Focus on details-textures, colors, and patterns.

Notes _____

1/20 - Repeating Pattern

Prompt - Look for rhythm in your world-tiles, fences, books, or anything that repeats.

Tip: - Shoot straight-on for a strong graphic effect.

Notes: _____

1/21 - From Above

Prompt - Bird's-eye view, flat lay, or a peek from up high-what do you see?

Tip: - Use a clean background and arrange objects thoughtfully for flat lays.

Notes _____

1/22 - Uncluttered

Prompt - Keep it simple. Focus on one thing and let it shine.

Tip: - Minimalism works best with neutral tones and lots of space.

Notes _____

1/23 - Just a Part

Prompt - Zoom in on a detail. Show us a piece of something bigger.

Tip - Crop creatively-hands, textures, or small objects.

Notes _____

1/24 - Backlight

Prompt - Let the light shine from behind-sunlight, lamps, or candles casting a glow.

Tip - Silhouettes and soft flares add drama and warmth.

Notes _____

1/25 - Learning

Prompt - Capture a moment of growth-trying something new, studying, or practicing a skill.

Tip - Include tools, books, or hands in action for storytelling.

Notes _____

1/26 - Two

Prompt - A pair, a duo, a comparison. Show us two things side by side.

Tip - Symmetry or contrast makes pairs visually interesting.

Notes _____

1/27 - Tones

Prompt - Play with shades and mood-grayscale, monochrome, or subtle color palettes.

Tip - Stick to one color family or convert to black and white for drama.

Notes _____

1/28 - Behind the Scenes

Prompt - What's usually unseen? Show us the real, the raw, the in-between moments.

Tip - Capture candid shots of process, mess, or prep work.

Notes _____

1/29 - Observe

Prompt - Slow down and notice the little things. Capture a quiet moment, a single object, or a scene that feels calm and uncluttered.

Tip - Use soft light and neutral tones for a peaceful vibe.

Notes _____

1/30 - Delicious

Prompt - Indulge your senses. Show us something that feels rich and satisfying-whether it's a vibrant meal, a cool drink, or a burst of greenery.

Tip - Bright colors and close-ups make food and nature pop.

Notes _____

1/31 - Eye Catching

Prompt - Make us stop and stare. Find something bold, bright, or striking that demands attention in your world.

Tip - Look for strong contrasts, vivid colors, or unusual shapes.

Notes _____