

JANUARY 2023

365
*Picture
Today*



365 *Picture Today*

365 Picture Today

WELCOME TO 2023

Welcome to 365 Picture Today! We're so happy that you've decided to join us on this journey. Taking on a photo a day project can be so rewarding. It can also be a challenge from time to time. Documenting your day to day life can be a little overwhelming at times but you will find that at the end of it all, you'll be glad you stuck it out.

Make this project about you and make it work for you. It's your life, reflect it in whatever way works for you. What's important to you? What do you want to capture? When you look back at the end of the year, what will make you smile? Capture that! The prompts are there for guidance to give you ideas on what you might want to photograph on that day. You may not like some of the prompts or some of the challenges and that's ok. I don't think there's one person in our community who would like every prompt, every day. Take a photo that fits your day and share it with us. Just take the photo and move on. Tomorrow will be another day.

There will also be times throughout the year where your motivation will wane. We've all been there. It's not easy to keep the creativity flowing each and every day. Sometimes one and done is enough for that day. You are not alone. This community that you've just joined is full of photographers just like you. We have good days and we have bad days. Regardless of what kind of day you're having, we'll be there for you. You'll find lots of love in this community. We're here to encourage you, cheer you on, lift you up when you need it and support you as you move through this journey.

All levels of photographers are welcome in our 365PictureToday community. Whether you are a beginner or at a more advance level, you are welcome in our group. Whether you use your phone as your camera, a point and shoot or a DSLR, this group is for you. We hope that you will learn from our members and we hope that you'll share your experience with us. Don't compare yourself to others in the group. We all bring different levels of experience. Compare yourself to who you were yesterday. You will learn and grow by taking a photo a day. At the end of the year you will be able to look back and see how far you've come. We will be there every day cheering you on.

It's time to get started. Pat yourself on the back for taking this project on and especially for joining the most supportive and compassionate group on the internet. We're glad you're joining us and we're betting that before long, you'll be glad you joined too!

Amy, Diane, Garnett, Kris, Lee Leslie and Lysle

EXPLAINING THE PROMPTS

Each month is broken into 4 weekly themes: Picture Life, Picture Basic, Picture Color and Picture Style. These are meant to fuel your imagination, keep you engaged, and challenge your creativity. They give you the opportunity to see the same things in different ways.

PICTURE LIFE

Picture Life is where you will be challenged to chronicle your life. Each Picture Life week will have a theme which will give us a glimpse into your day to day life. This is where we all will have the opportunity to get to know one another a little more. We encourage you to show us all aspects of your life, including your beautiful self! In Picture Life week there will be a Where I Stand prompt coupled with a time of day prompt. Here we encourage you once a month to show us what you are doing at a certain time of the day by showing us where you are standing.

PICTURE BASIC

Let's get technical! This will challenge your creativity with a technical agenda. In these weeks of your year you will look at leading lines, flat lays, lights and shadows, (to name a few!). Don't be shy to ask for clarification, camera settings or any tips and tricks. We aren't magicians here, we share our secrets!

PICTURE COLOR

We will focus on a specific color chosen by the Creative Team for these weeks. This year our colour choices will be a little beyond just the basics. You can include a little of the color, go completely monochrome or anything in between. You will likely find that this is one of your favourite weeks.

PICTURE STYLE

Lifestyle, architecture, landscape, sports, golden hour, are just some of the styles you will be encouraged to play around with to try out something new. Some of these might be a little out of your comfort zone. Our hope is that by the end of the week you may have discovered something you love. You might find style in your original photo or add some style in post-processing.

EXTRA CHALLENGES

Along the way you'll notice a few added monthly challenges sprinkled in to give you extra inspiration.

Macro Monday - For this prompt we encourage you to get in close. Grab your macro lens, macro filters or just crop your photo in post-processing. This is where we can focus on the little details.

Scavenger Hunt - A quarterly challenge where instead of one prompt, you have 4. Take the 4 photos and make a collage. Make it work for you and your day.

Picture My World - This is a quarterly challenge. We are hoping you can return to the same spot 4 times on these days to document the changing seasons in your world or in your life.

Extra Seasonal Challenge

We are introducing something new this year... Seasonal challenges. Seasonal challenges are extra technical challenges to help you learn or practice technical skills. The challenge is separate from daily prompts and is there to give you that extra boost if you want to take it on. The extra challenge will occur 4 times a year and will come with technical instruction. Once the challenge is offered, you will have a week to think about it, practice, and then take and post your image.

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instagram: [365picturetoday](https://www.instagram.com/365picturetoday)

JANUARY 1
KICKSTART

What's New - Picture Me

*Picture***LIFE**



Hello 2023! Let the photo fun begin!

And what better way than by kickstarting your photo-a-day project with our very first PICTURE YOU prompt of the year!

At the start of every PICTURE LIFE week, we will encourage you to turn the camera on yourself. Share as much or as little of yourself as you like!

Make it a quick selfie with your phone or a photo session complete with lights and props or somewhere in between. Remember this is YOUR project and there is no wrong way to document YOU!

So how will you kickstart the new year?

I went for an afternoon walk on the beach.

Amy

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JANUARY 2
AMAZING

*Picture***LIFE**

What's New - Where I Stand - 1 O'Clock



This year we have brought back the 'Where I Stand Prompt'. And, this year we've teamed it up with our Time of Day Prompt. Each month you'll be asked to show us where you are standing at a specific time of the day. This month it's 1 o'clock.

Now that winter is here I've had to find something to replace golf. My friends and I have decided it would be amazing to try bowling. We meet at 1pm, once a week and give it a whirl. We've discovered that we're not very good but we always have an amazing time!

In what amazing place will you be standing at 1 pm today. If 1 am is more your style, go for it!

Diane

JANUARY 3
JOLLY
What's New

*Picture***LIFE**



What's new? I hope you are feeling jolly on day 3 of the new year and your new photo journey. Today, show us your smile! You could do a creative smile like my example photo if you are feeling up to the challenge. Or just take a photo of something that makes you feel jolly today. Whatever way you decide to do today, my hope is that you have fun in the process!

Garnett

JANUARY 4
POSITIVE
What's New

*Picture***LIFE**



Living a creative life is not something new for me, but each new day brings the possibility of creating something new. This realization is what keeps my outlook positive. Have you adopted a new word or phrase to help you stay positive throughout this year? If so, document that commitment today. If not, photograph a positive moment on this fourth day of the new year.

Kris

JANUARY 5
SHINING
What's New

*Picture***LIFE**



At this time of year in Belgium we don't have much that is shining, but there is one plant that does flower and that is witch hazel.

It really shines compared with the rest of the fauna and that it brings joy!

What is new in your area, that looks radiant for you in your life?

Lee

JANUARY 6
SWANKY
What's New

*Picture***LIFE**



"Swanky"--meaning luxurious and expensive in a flashy way--was a word I often heard coming from my Texas families' mouths. "Man! That sure is a swanky house/restaurant/outfit!" At the Galeries Lafayette in Paris, I gazed in awe at the storefronts of the swankiest names in fashion like here at the Saint Laurent store. Only at the storefronts, mind you, because I didn't feel privileged enough to step inside! I did buy one thing, a flashy--but affordable!--pencil sharpener in rose gold.

Anything swanky in your life? A decadent treat? A new nail color? Even if it's just while window-shopping, show us what would make you feel a little swanky this week. For my photo, I cropped it on the diagonal to give it a little attention-getting edginess. Didn't cost a dime!

Leslie

JANUARY 7
CHARMING
What's New

*Picture***LIFE**



What's new?

The first thing that came to mind for me when I saw the word "charming" was my charm bracelets! Did you have one and collect charms? I am lucky enough to not only still have mine, but my mother's bracelet as well. (If you look closely you can even see a charm representing me and my date of birth). When I went through my own charm bracelet it was like going back in time and measuring all my interests and achievements.

Charm bracelets have come along way since these were created! What's new? Well, I now wear a less busy and more stylish charm bracelet which I have also added to the photograph.

Do you have some charming charms? How have you upgraded your jewelry style? Show us how 'charming' you are today.

Lysle

JANUARY 8
MOTIVATE

PictureBASIC

Negative Space



Negative space is defined as the area surrounding the main subject of your photograph. We use negative space to help draw the viewer's eye to the central figure of your photograph. In today's prompt photo the sole subject is the tree. The empty space surrounding the tree allows your eye to focus solely on it. There is no clutter to compete with it.

I'm not a huge fan of winter but I find photography motivates me to get out there and enjoy it as best as I can. When I can capture shots like this, it makes the cold, snowy weather worth it.

Show us what motivates you today and use the concept of negative space to make it the sole focus of your photo.

Diane

JANUARY 9
NIFTY

PictureBASIC

Negative Space - Macro Monday



Today is Macro Monday! Let's get detailed shall we? The added challenge is negative space this week. My example photo has a lot of negative space around the water drops. The crop also helps to get in close and see the details of the water drops. If you have a macro lens, now is the time to pull it out. If you don't just get in close and crop during post processing.

Garnett

JANUARY 10
INFUENTIAL

PictureBASIC

Negative Space



The moon is quite influential, affecting time, tide and light. And those things influence many aspects of daily living. Today's moon is waning gibbous. The light on the moon has decreased to about ninety-two percent since the full moon four days ago. This is still enough light to try photographing the moon. Here are some simple tips to help you to photograph the moon.

- Use a tripod. If you don't have a tripod, place your camera on a stable hard surface. It is also helpful to use a remote trigger or delay to avoid any camera shake.
- Use the longest zoom lens available to you
- Follow the **Looney 11 Rule**: Set your aperture to f11 and your shutter speed to the reciprocal of your ISO. For example, if your ISO is 100, your SS will be 1/100.
- Keep in mind that these settings are a point of departure. You may have to adjust them for your environment.
- This photo was taken with an 80-400mm zoom at 400. f11, ISO 200, SS 1/200

If the weather does not cooperate today, try photographing some other influential object in your world.

Kris

JANUARY 11
HONOURABLE
Negative Space

PictureBASIC



I like to think that this leaf deserves a medal for hanging on for so long. This photo was actually taken in January a couple of years ago. It was really cold out, but it caught my eye, as it was still a beautiful colour.

I used the sky as the negative space.

What can you find that needs an honourable mention today?

Lee

JANUARY 12
LOVEABLE
Negative Space

PictureBASIC



Hey, you! Give me some {negative} space! Giving your subjects negative space makes it clear to your viewer on what to focus. The simplest way is to surround the subject with an uncluttered background like sea, sand, snow, sky, grass, or a plain wall.

On this day, our seasonal golf course was officially closed and the rules were relaxed. My husband could go out in jeans and his loveable little caddie could come along. Surrounded by that swath of perfect green turf, it's easy to know where to focus and understand the story.

Whether a pet, a person, or a special find, choose a simple background today for your loveable subject. 'Cause who doesn't need someone or something to love?

Leslie

JANUARY 13
VIBRANT
Negative Space

PictureBASIC



Negative space lends its self very nicely to landscape photography. While the subject is the 'main event' the negative space around it alters how the viewer perceives it. Where you place your subject and how much space you put around it changes the mood of the photograph.

In my sample photograph, I placed the small barn to the far right of the photograph to give the feeling of vast space in a prairie environment. By using a great deal of negative space, I tried to convey a sense of how big the sky and land are in comparison to the human element.

I also placed the barn and land on the bottom third and highlighted the sky adding another element of vastness. As for the 'vibrance' part of the prompt, isn't that Alberta sky a vibrant blue?

Get outside and try a landscape photograph today incorporating vibrancy and negative space. If that is not possible, a still life, or portrait using negative space and a vibrant colour would make for a perfect photo of the day!

Lysle

JANUARY 14
PLEASING
Negative Space

Picture **BASIC**



Keep it simple today!

Pick an object, give it some space, and use a pleasing background.

This old-fashioned lock caught my eye. By adjusting the point of view the white picket fence made for a pleasing background that helped highlight my subject.

Amy

JANUARY 15
RADIANT
Graphite

Picture **COLOR**



It's our first color week of 2023! We have decided to have a little fun with color names this year to give your brain a little workout. This week we are looking for items that are the color "graphite." Don't be intimidated. Graphite is in the gray family. It is named after the natural material that is formed from carbon. It is a neutral color that is practical and solid (like a rock!) and it is also stable and soothing. It doesn't seek attention but is reliable and calming.

You may have to think out of the box to find something radiant today but I believe you can! My example is a tunnel running through a mountain... that light pouring in gives it radiance.

Garnett

JANUARY 16
REFRESHING
Graphite

Picture **COLOR**



Pewter is graphite-colored, right? I have always loved pewter because it is somewhat understated...until you add a pop of color to it. I love this little bud vase though I often overlook it in the cabinet. Pulling it out from behind its more colorful counterparts and adding a vibrant pink carnation gives it a vibrant and refreshing look.

Try adding a simple pop of refreshing color to your graphite image today!

Kris

JANUARY 17
PROMPT FREE
Graphite

*Picture***COLOR**

365 *Picture Today*

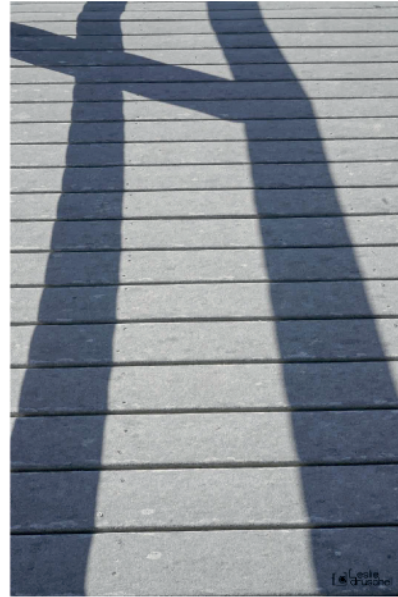
Today is a blank canvas for which all of the other prompts have prepared you.

Keep your eyes open and have fun!

Prompt Free

JANUARY 18
CALMING
Graphite

*Picture***COLOR**



Neutral colors are often calming. They don't speak loudly. Shades of gray especially fall into this category. An abstract image combined with gray can be very soothing, creating what some call a contemplative photo.

This is a bit of beach boardwalk that leads through a tunnel of mangroves. The railing casts its shadow across it, creating a simple abstract image. When I come out the other side, it will lead me to sun, sand, and endless sky and sea-- nature's ultimate recipe for calm. Contemplating this image reminds me of that and calms me even if I'm miles from the sea.

Look for a simple composition today that incorporates graphite or another gray shade. Maybe you'll feel calmer just thinking about it.

Leslie

JANUARY 19
GLOWING
Graphite

*Guest***PROMPT**



The first thing that came to my mind with the words **graphite** and **glowing** were my graphite drawing pencils. I decided to do a few quick sketches, then photograph them and include some of my pencils. I then had to figure out a way to incorporate the word 'glowing' with 'graphite'! An app came to my rescue! I used Bazaart because this app offers several unique bokeh backgrounds. I removed my original background and replaced it with a glowing bokeh one. I think it added some 'glow' to my photo. Today you might want to try some apps to show us how to add glow to graphite. I can't wait to see what everyone comes up with.

Glenda Wilde

JANUARY 20
FANCY
Graphite

PictureCOLOR



Fancy is defined as "ornamental", "decorative", "elaborate in structure."

Keep that description in mind as you go through your day and show us the fancy graphite find when you spy it!

Here's mine - a decorative detail I spotted on the outside of a historic church.

Amy

JANUARY 21
MAGICAL
Graphite

PictureCOLOR



Getting outside when there's a fresh coat of snow can be quite magical. Everything looks so clean and pristine. When I took this photo there was a coating of freezing rain on top of the snow. I liked the contrast of the graphite colour of the tire swing against the white of the snow. I'm not sure I'd want to swing on it though!

Find the magic in your day and share it with us.

Diane

JANUARY 22
HEALTHY
Shadows

PictureSTYLE



Life is all about balancing light and darkness, both literally for us as photographers and figuratively as human beings.

Play creatively with the relationship between these two powerful elements and photograph your perception of a healthy balance between the two.

Have fun!

Kris

JANUARY 23
PEACEFUL
Shadows

*Picture*STYLE



The early morning mist and sun leaves shades on the ground and also makes for a peaceful looking photo.

Use side light to make peaceful looking shadows. Don't worry if there is no sun, use a window to create some beautiful shadows.

Looking forward to seeing your peaceful photos.

Lee

JANUARY 24
THRILLING
Shadows

*Picture*STYLE



I was checking off my bucket list trip to France. You can imagine I was thrilled! On Day Three, I arrived at the legendary Versailles, the cozy home of Louis XIV.

Six hours and nineteen thousand steps later, at closing, when I exited to the grand courtyard, I saw this magnificent statue of Louis, the Sun King, gloriously silhouetted by the setting sun. The deep shadow of Louis blanketing all the lowly tourists around him made a stronger image than if I had photographed him in the harsh light of day. I was thrilled with the unexpected opportunity to capture the moment.

Look around you today for some dramatic shadows. Early morning and late afternoon will provide the strongest contrast. Or set up your subject indoors using artificial light. If you try hard enough, I'm sure you'll be thrilled with the results.

Leslie

JANUARY 25
ABUNDANT
Shadows

*Picture*STYLE



Let's go with an abundance of shadows today! Lots and lots of beautiful shadows! Find something with several lines of shadows that draw your eye to the subject matter.

I photographed a rural bridge on a sunny, winter day. I was intrigued by the criss-cross of shadows across the wooden bridge deck and how they drew my eye down the entire length of the bridge.

Try and find lines of shadows for your photograph today. You might find some long shadows outside in the late afternoon or you may want to set up a still life and use some creative lighting indoors.

Lysle

JANUARY 26
BRILLIANT
Shadows

*Picture*STYLE



It's not often you are told to seek out the harshest of light for your photo but that's exactly what you need to do today. This will help you create shadows that are well-defined. Brilliant right?

So head out when the sun is at its brightest or use that glaring artificial light that you usually turn off.

Amy

JANUARY 27
HOBBY
Shadows

*Picture*STYLE



I have a number of different hobbies but my main one would definitely be photography. Another of my hobbies it to scour thrift stores and other shops for props to use for my photos. One of the items I'm always on the lookout for is coloured glass cups and bottles.

In this photo I took some of that coloured glass and put it on my front step. It was a sunny day so the light provided for some pretty neat and colourful shadows. It was fun trying to capture these shadows. If it's sunny in your part of the world today, see what kind of shadows you can create and capture. If not, see what you can create with artificial light sources to show us your hobby.

Diane

JANUARY 28
BEAUTIFUL
Shadows

*Picture*STYLE



Have you enjoyed looking for shadows this week? Today try to find something made more beautiful by shadows. In my example, the long shadows of the trees make a beautiful pattern in the snowy woods. I hope that this week has taught you how much fun photographing shadows can be. We, as photographers, are taught to look for the light. Sometimes, the dark and light play nicely together.

Garnett

JANUARY 29
REWARDING

PictureLIFE

Life-long Learning - Picture Me



This week is all about life-long learning. What is important for your personal development and self-motivation?

I have been on a journey now for 5 years, looking after Jasper. It has been a rewarding and sometimes daunting experience but I have learnt so much from having a dog. The trust he puts in me has helped me grow as a person, it has also given me my fitness back, and walking every day makes such a difference to my health.

Jasper is finding this photo a rewarding experience as he gets a treat if he does as he is told.

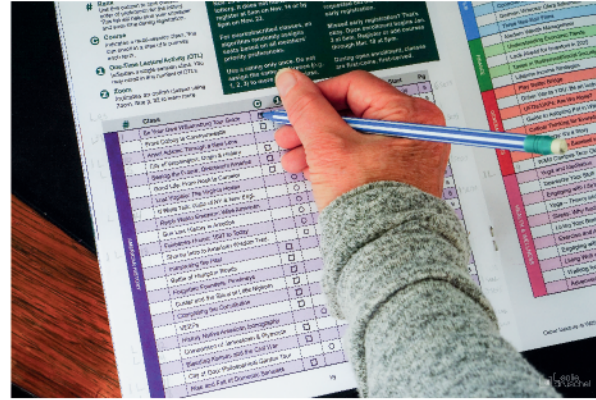
What rewarding things have you been learning that you find important for your personal development and self-motivation?

Lee

JANUARY 30
NAVIGATE

PictureLIFE

Life-long Learning



As retirees, we now live in Williamsburg, VA, the home of The College of William and Mary, the second oldest college in the US. Right after moving here, my husband and I jumped on their continuing education courses.

But with almost one hundred offerings, choosing can be daunting and scheduling a nightmare. Fortunately, there is a worksheet to help steer us through the decision-making. Now we are just eagerly waiting to see into which courses we get!

You don't have to be retired to pursue life-long learning. What classes are offered in your area that can navigate you on the path to expanding your horizons? Take a pic of a location where you are--or would like to be-- taking a class, and let us know how that course might help you navigate your life a little, too!

Leslie

JANUARY 31
LARK

PictureLIFE

Life-long Learning



lark: a source of or quest for amusement or adventure

lark: to engage in harmless fun or mischief

lifelong learning: ongoing, voluntary and self motivating pursuit of knowledge

What a lark!

Have fun today and show us what you are doing to pursue your knowledge! I am making a serious attempt at getting my laundry done and learning how to fold fitted sheets.....

Lysle

JANUARY 2023

Picture LIFE

What's New

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- 2 Amazing
- 3 Jolly
- 4 Positive
- 5 Radiant
- 6 Swanky
- 7 Charming

Picture BASIC

Negative Space

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- 9 Nifty
- 10 Influential
- 11 Honourable
- 12 Loveable
- 13 Vibrant
- 14 Pleasing

Picture COLOR

Graphite

- 15 Radiant
- 16 Refreshing

Picture COLOR

Graphite

- 17 Prompt Free
- 18 Calming
- 19 Glowing
- 20 Fancy
- 21 Magical

Picture STYLE

Centered

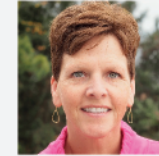
- 22 Healthy
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Picture LIFE

Life-long Learning

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365 *Picture Today* CREATIVE TEAM



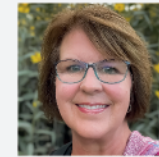
Amy

amy@365picturetoday.com



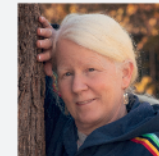
Diane

diane@365picturetoday.com



Garnett

garnett@365picturetoday.com



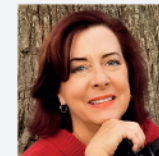
Kris

kris@365picturetoday.com



Lee

lee@365picturetoday.com



Leslie

leslie@365picturetoday.com



Lysle

lysle@365picturetoday.com