

# JANUARY 2022



# 365 Picture Today

## WELCOME TO 2022

Welcome to 365PictureToday! We're glad you've decided to join us. Taking on a 365 project is an awesome way to document your day to day life. Taking a photo a day may feel overwhelming and daunting at first. Just remember to take it one day at a time. We all feel a bit anxious committing to taking a photo a day for a whole year. It's normal but I guarantee at the end, you'll be glad that you did.

Some days may stand out and it's easy to take a photo. Others may be less than stellar. You may not feel like taking a photo or feel like you have nothing worth photographing. We all have those days. Don't overthink it. Just grab a quick snap and move on. Tomorrow is another day.

This is your 2022, document it in your way. It isn't about being good or having the best equipment. It's about using the camera you have on hand to capture a moment in your day be it a dslr, a point and shoot or a phone camera. It matters not what you use to take your photo. We just want to see your photos and see how your 2022 pans out.

You'll find so much support in this community. Your photos will get a lot of love here. We enjoy seeing your life, your family, through the good and the bad. We'll get a glimpse into your life and what's important to you and you will get a glimpse into ours. You can't help but get to know and care for someone when they're sharing their life on a daily basis. There is wealth of experience and knowledge in this group. If you have questions about photography, this project or anything in particular ask away. You'll be surprised at how willing folks are to help.

This is your project, complete it in any way that speaks to you. If you miss a day or two, jump right back in. We'll be happy to see you back. If the prompt isn't working for you on any given day, that's okay. Take a photo that documents the day you are having. The prompts are there to give you inspiration but it's your project, take a photo that has meaning for you.

If this is your first year taking on a 365 project, welcome. You'll be surprised at how your photography improves by taking a photo a day. To those who have been around previously, we're so glad you decided to join us for another year.

Let's make 2022 a year to remember. Your photos throughout the year will ensure you don't forget what an awesome year you had.

*Amy, Danette, Diane, Joy, Kris, Lee and Lysle*

# EXPLAINING THE PROMPTS

Each month is broken into 4 weekly themes: Picture You, Picture More, 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 YOU** - Possibly the biggest challenge, but it allows you to chronicle your life and to be included in photos for loved ones who want to have photos of you, even if you don't like how you look that day. You don't HAVE to be in the picture every day, but we would love to see you.

During Picture You week you will notice some sub-challenges:

**Sunday Selfie** - Sunday of Picture You week you're encouraged to take a selfie, nothing fancy, just your wonderful face.

**Picture My Hands** - What are you doing today? Show us what you're doing or holding from your point of view and be sure to include your hands.

**Picture the Alphabet** - Have you seen the letter "E" in a fence or "O" in a ferris wheel? Find letters in your world, or, if you can't find them, make them even with just a piece of paper and a marker. Let the letter stand out! You will see two letters for the prompt. We want two photos in a collage for your daily photo. By the end of the year you will have 26 letter photos to make words.

**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.

**PICTURE MORE** - Let's get technical! This will challenge your creativity with a technical agenda. In these weeks of your year you will look at repetition, triangles, diagonals, textures, centred photos (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. 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** - Landscape, food, golden hour, still life, street, minimalist 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 9. Take the 9 photos and make a collage. If a scavenger hunt is a bit beyond you that day, see if you can challenge yourself to fit 3 prompts in three different photos, or all nine in one. Make it work for you and your day.

**Picture Recreate** - In this challenge, all we want you to do is recreate an existing photo, whether that's a Pinterest photo you've been wanting to try, a photo from a fellow 365er you loved, or a photo of you and your siblings in the bathtub when you were 5. As always, you can be as creative or literal as you want.



## JANUARY 1 START

Ready, set, go! You start the new year off with a fresh slate. What goals do you have planned for this year? We know a 365 project is one of them as you're here reading this prompt!

For the last couple of years I've made, and stuck to, the resolution to live a healthier lifestyle. 2022 is going to be my year! I turn 60 in a month. Yikes! I want to live for many more years and I want to be healthy so I can enjoy them.

Welcome! Today is day 1 of your 365 project, show us how you are starting this journey! We're glad you're here!

Diane

JANUARY 2  
**INDEPENDENT**

Picture YOU

About Me - Sunday Selfie

Welcome to the About Me week...and your first self portrait of the new year!

Most of us prefer to be behind the camera, but putting ourselves in front of the camera at least once a month is an important part of this project.

Here are a few tips for taking a self portrait.

- Find a location and a pose with which you are comfortable
- Use a tripod
- Place your camera and tripod in the position necessary to frame the photo you want
- Remove your camera from the tripod and place yourself where you will be for the photo
- Focus your camera on the tripod and switch your camera to manual focus
- Place the camera back on the tripod
- Get yourself back in position
- Use a remote or timer to take the photo
- Be patient. It may take several attempts to get the image that you want.

Or, use you phone camera with or without a selfie stick.

Whatever your method, show us the beautiful and independent person that you are!

Kris



website: 365picturetoday.com



JANUARY 3  
**GLAMOROUS**  
About Me

Picture YOU

"Glamorous" and "me" are not usually found in the same sentence! In the past I could be, but these days I am happy to be in my walking boots and warm coat with a scarf wrapped around me in order to keep me warm and dry!

I took this photo in Black and White. I chose a shabby background to give my look more glamour! And no matter what, Jasper always adds to my glamour!

You don't need to be in the photo today, but do show us how glamorous your clothes, your life and your style is.

Lee

instagram: 365picturetoday

JANUARY 4  
**A B**

Picture YOU

About Me - Picture the Alphabet

Exciting news! We have a challenge for you! It is the LETTER challenge. The first letter challenge is to find the letters **A and B**. Every month there will be two more letters added until we have the entire alphabet by the end of the year.

You can photograph items that start with the letters we are asking for; an example would be an apple and a banana. You can go out and find the actual letters; perhaps on a sign or house. You can make your own letters out of found items or by writing them on the ground or in the snow or on a window! Your choice....be creative!

Why? Surprise! We are going to use those letters to write a message in December. How cool is that? Remember to take each letter picture separately and make a collage of both. Also remember to store your letter photos for your final collage.

Lysle



instagram: 365picturetoday



JANUARY 6  
**BLISSFUL**  
About Me

*Picture* YOU

Well, you are more than halfway through your first Picture You week! So now is a good time to let you in on a little secret this week may be all about you BUT you don't have to be in every photo to share a little about yourself!

So today let's test that approach...show us something blissful from your day? And as to not take away from the momentary bliss a quick snap will do!

It could be as simple as the book you're enjoying, something along your afternoon walk, the sky above... you get the idea.

For me, it was an impromptu lunch date that included one of my faves... Pizza!

Amy



JANUARY 7  
**AGREE**  
About Me - Picture My Hands

*Picture* YOU

Instead of where I stand this year, we are changing it up and using our hands instead. We would like to see what our hardworking hands are up to on a monthly basis. Here I am using a neat thing called a Buddha Board. You simply use water to paint a design and eventually your masterpiece will evaporate. The idea is to "master the art of letting go." I think we all have things we can let go in our lives - don't you agree?

Danette

JANUARY 5  
**BRAVO**  
About Me

*Picture* YOU

You're here! Bravo! Maybe this is your fifth day, and maybe it's your first. For some of you, this is the fifth day of your fifth year (or more!).

Whichever one of these is true for you, bravo, you're here. Maybe, like me, you're doing something you never thought you would do.

When I started taking a photo a day with 365 Picture Today I didn't think I would last the first month, but I did. Now in my third year, I get to play a bigger role in this incredible community.

Today we say Bravo to you for being here. We need to learn to celebrate the small things, and recognize our accomplishments, whatever they may be. So, what are you congratulating yourself for today? We're sending snow-confetti your way!

Joy



JANUARY 8

**CUTE**

About Me

These two are the most important men in my life. My partner Brian and my grandson Charlie. They share a special bond and I love watching them together. Charlie idolizes his Gogo and the feeling is mutual.

On this day we were out for a hike on a local trail enjoying a lovely winter day. I grabbed this shot of the two of them together. Isn't it cute?

What cuteness can you find today? The possibilities are endless!

Diane

*Picture* YOU



JANUARY 9  
**ENTHUSIASTIC**

Landscape

It is Landscape photo week but don't panic! Landscape is all around you and it is an easy style of photography to start the year with.

I really get enthusiastic just going for a walk. When it snows I am happy to get out there to find even more ...

It adds a different look to the everyday for me, especially since it hasn't snowed a lot in Belgium for the last couple of years.

You might think that your landscape photos can sometimes be a bit same'ish, you see the same thing day in day out. Everyone else thinks "wow", but you think I took this same photo last week, month, year! So you need to look for a different feel. You will see that I have actually put the horizon in the middle of the photo because the reflection really adds to the photo.

Show us your local landscape and what is different today.

Lee



JANUARY 10

**ENPOWER**

Landscape - Macro Monday

It is macro Monday and it is also LANDSCAPE week and that makes for a challenge. Not to worry though; find something to photograph that you can place in the foreground of your photograph and also show the landscape peaking out behind. I focused on a mail box and purposely blurred out the background.

Empower means to give power or authority to or to enable or permit. I chose a mailbox because to me, the mail is an empowering tool. Through the mail we are able to move information from one part of the world to another.

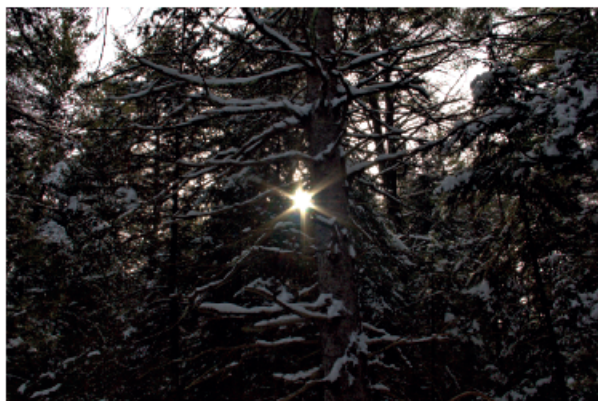
You might consider many powerful things in your world to choose for your photograph; for example vehicles, telephone poles, signs or fences. Have fun finding something empowering to macro into your landscape photograph today.

Lysle

*Picture* STYLE

*Picture* STYLE





JANUARY 11  
**HAPPY**  
Landscape

*Picture*STYLE

What's your Happy Place? Despite often needing a push to get outdoors, I am rarely more at peace than when I'm walking in the sunshine, through fields and bush on a farm that has been in my family for 5 generations.

There is such peace and contentment in nature: such wonder and happiness. If you can't get out to your favourite place today, show us the local landscape that makes you happiest, even if it's your own backyard. In fact, what could be more happy than that?

If you're using your camera and the sun is shining bright, why not try a sunburst photo? Set your aperture to at least f/16 and a low ISO (about 125). Start there and play around.

Joy

JANUARY 12  
**RADIANT**  
Landscape

*Picture*STYLE

When I think of the word radiant and landscape the golden hour is the first thing that comes to mind. That magical time just after sunrise and just before sunset when the light is full of golden goodness!

The sky can change quickly especially at sunset! So you might have to seize the moment! Like here I pulled over and snapped a few shots (with my phone) just from my car window on my way home from work.

So if the golden hour doesn't fit into your schedule or the weather is unfavorable don't worry! Show us the radiant light in your landscape today!

Amy

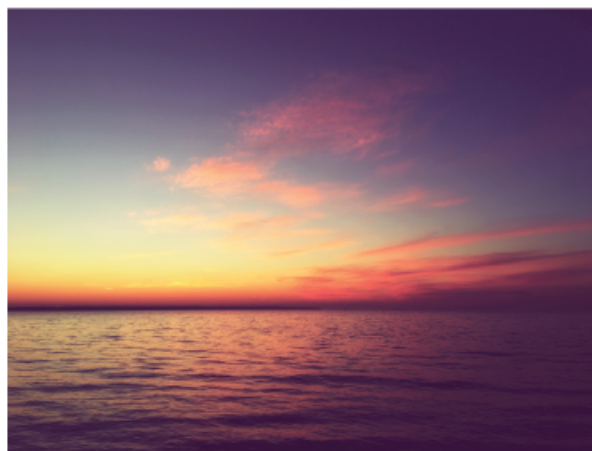


JANUARY 13  
**UNIQUE**  
Landscape

*Picture*STYLE

I think today is going to be excellent with so many examples of unique landscapes no matter where we are in this beautiful world. It's hard to notice here but we are on a frozen lake which is what we do in winter in my neck of the woods. I can't wait to see the unique and beautiful landscapes you all share today! I encourage you to pull back and give us a wide view of whatever landscape you do chose to share.

Danette



JANUARY 14

## STRONG

### Landscape

Maman is a bronze, stainless steel, and marble sculpture in front of the National Art Gallery here in Ottawa. It has to be strong to withstand the winters we "enjoy" in this city. It is one of the largest spider sculptures in the world and measures over 30 feet high and wide. It includes a sac containing 32 marble eggs. Maman is french for mother. Is there anything stronger than a mother?

We all define strong differently. Show us today how you interpret it!

Diane

## PictureSTYLE



JANUARY 16

## GRATEFUL

### Blue

It is BLUE week!

What are you grateful for? I am always grateful for time spent with my grandchildren. I am also "outdoors Granny" so the more time we spend outside the more grateful I am for my house remaining tidy! I am so lucky that my grandchildren love the outdoors as much as I do. Damon has a special affinity and connection to birds. We call him the "bird whisperer". I am grateful on this day he wore blue gloves and that the chickadees were willing to land on his outstretched and eager hand.

Lysle

## PictureCOLOR

JANUARY 15

## QUIET

### Landscape

After the business of the holiday season, a little quiet sounds perfect!

I love the quiet of the night.

Though the waves were crashing on the beach while I was taking this photo, using a long shutter speed smoothed out the water making the image feel a bit more quiet and serene.

Photograph a place in nature where you like to go to find some peace and quiet.

Kris

## PictureSTYLE







JANUARY 18  
**STRIKING**  
Blue

PictureCOLOR

Are you seeing blue everywhere you look yet?

I sure am and I don't have to look far to find something striking... just up! There is nothing more striking than a blue sky except maybe one with a full moon shining brightly!

Show us the blue that catches your eye today!

Amy

365  
Picture  
Today

JANUARY 17  
**BOUNTIFUL**  
Blue

PictureCOLOR

*adjective*

1. large in quantity; abundant.

No matter what time of year it is, you can always find an abundance of fresh fruit in our fridge. Ketan uses them to make his famous sandwich, consisting of toast, natural peanut butter, banana, strawberries, blueberries, blackberries, raspberries (or some combination), and chopped walnuts and almonds. It's bountiful in fruits, health benefits and deliciousness.

What's blue and bountiful near you? If you can't find bounty, maybe you can give it, in some blueberry muffins or flowers that have been dyed blue. It's hard to feel blue when you give bountifully.

Joy



JANUARY 19  
**PROMPT FREE**  
Blue

PictureCOLOR

Prompt Free Days often bring to mind the saying, "The grass is always greener on the other side." Some days, we feel restricted by the prompt, but on other days, no specific prompt makes us feel lost by having no point of departure.

Think about these prompt free days as a check-in as to how this project is changing you. What do you notice that you would have overlooked previously? What small moments in you day now feel bigger and call to be documented?

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

Keep our eyes open and have fun!

Prompt Free

JANUARY 20

**PRAISE**

**Blue**

Colour weeks are one of my favourites and I love the colour blue.

I consider myself so fortunate to be part of this group. I have nothing but praise for those who started this wonderful community and the work that they have done. To those who work so hard all year to take a photo a day, I praise your efforts. This is not an easy task.

I praise God for all the awesome people in this group.

What warrants your praise today? Remember to throw in some blue while you're at it!

Diane

*Picture***COLOR**



JANUARY 21

**MERIT**

**Blue**

When it comes to merit and the color blue, the first thing that came to my mind was a blue ribbon, the award for finishing in first place. I am not a competitive person, so this was a strange first thought.

Merit can be defined as, "the quality of being particularly good or worthy." We do not have to finish in first place to be worthy of merit. We need to do and be our best.

I am never going to win a race, but I am working to be the best runner that I can be. I lace up my shoes, which happens to be blue, and hit the pavement (or treadmill) and give what I have to give on that day. In my book, I deserve some merit for that.

Show us your blue ribbon effort today. For what do you deserve merit?

Kris

*Picture***COLOR**



JANUARY 22

**INTELLECTUAL**

**Blue**

Did you know that blue is known as the colour of intellectual. Blue is a soothing colour, helping calm the mind and aid concentration.

So stay calm, we are going to do our first Scavenger Hunt of the year, if you need some help on how to put photos together please read our blog about our scavenger hunt.

- RECTANGLE
- CURVED
- PYRAMID
- WIGGLY
- SPHERE
- HEART
- SQUARE
- CUBED
- STRAIGHT

Lee

365 <i>Picture Today</i>		
RECTANGLE	CURVED	PYRAMID
WIGGLY	SPHERE	HEART
SQUARE	CUBED	STRAIGHT



JANUARY 24  
**ESSENTIAL**  
Repetition

*Picture***MORE**

Filling the frame is a great way to add visual impact to your photo! As you go through your day take notice of the essentials and see if you can make a repeating pattern that you can fill the frame with from edge to edge.

Here I went a little overboard at snack time stacking the entire package of cookies into piles and then zooming in for the shot (and yes a few cookies were harmed in the making of this photo!).

Have some fun either making a creative pattern of your own or being on the look out for one!

Amy



JANUARY 25  
**UPBEAT**  
Repetition

*Picture***MORE**

I immediately thought of my daughter and her trumpet for this prompt today. Knowing how repetitive music can be also fit as well. What's something that comes to your mind when you think of the words upbeat and repetitive together?

Danette

JANUARY 23  
**HONOURABLE**  
Repetition

*Picture***MORE**

My parents are probably the two most honourable people I know. Like these snowshoe tracks, they have walked a path of consistency, leading by an example of kindness and showing me how to follow. I am proud to walk in their footsteps and honoured to capture their photo year after year.

What do you feel repeatedly honoured to capture? What honourable thing is repeating in your life? Maybe it's a mantra that you repeat to yourself that you include in your photo, or a collage of a repeating photo made in post-processing to show emphasis.

This week, show us what's repeating in your mind or in your world. If you're struggling, take a repeating photo each day this week at different times to see the difference in light. Play with your settings and develop your understanding more each day.

Joy



JANUARY 26

## OKAY

### Repetition

I actually think this light fixture is more than just okay. It hangs on the patio of a restaurant I visited last summer. I thought it was very unique.

I picked this photo for the repetition in it. The glass orbs are repeated in a circle pattern and the metal also follows a unique pattern. The beams on the roof are in a square pattern.

Okay is a rather general term. You can interpret it in almost any manner. Show us what you come up with, okay?

Diane

*Picture***MORE**



JANUARY 28

## DEFEAT

### Repetition

Defeat is not a very positive word for the day, but you can make it work for you.

You will see that I have applied the rules of odds to this photo by having five candlesticks in a row, using a diagonal line to draw your eye.

I had six candlesticks that don't actually work as odd numbers, but by toppling over the sixth one and not being defeated I made this photo work better.

Don't be defeated, go for it!

Lee

*Picture***MORE**

JANUARY 27

## TREMENDOUS

### Repetition

Repetition can create tremendously powerful images using simple objects. There is power in numbers.

With repetition in photos, the interplay between the objects themselves as well as the way the light and shadows dance around them creates interest in the frame, especially if your subject is monochromatic.

What tremendous impact can you make with collection of objects? Bonus points if your objects are all the same color!

Kris

*Picture***MORE**





JANUARY 29  
**GRACEFUL**  
Repetition

*Picture* **MORE**

Graceful: characterized by elegance or beauty of form, manner, movement or speech; elegant.

Today is about finding gracefulness or elegance in repetition. I was stopped in my tracks when I saw this laundry hanging out to dry in a back alley. So much so, I returned with my camera to capture its dance in the wind. Instantaneously I was transported back in time to my childhood when every Monday we could play and dance under or in the hanging sheets and towels.

What can you find today that is both graceful and repetitive?

Lysle

JANUARY 30

**GENUINE**

*Picture* **YOU**

A Different Angle - Sunday Selfie

Genuine: actual, real or true; authentic.

This Picture You week we are going to challenge ourselves to take our photos from different angles and there are plenty to choose from; up high, down low, from behind, up close or get creative!

There is nothing more real than laundry day...the chore that can't be ignored!

Show us the authentic you from a new angle!

Amy



JANUARY 31  
**DARING**

*Picture* **YOU**

A Different Angle

I tried taking this 'daring' shot from a little lower than normal but couldn't get my camera any closer to the ground without it touching the snow believe it or not! Then we jumped to make us even higher than normal too. I was really trying to get my shot at a lower angle to make it a bit more fun so I challenge you to shoot a little lower than you normally would today.

Danette



# JANUARY 2022

## 1 Start

### *Picture* YOU

About Us

- 2 Independent
- 3 Glamorous
- 4 A - B
- 5 Bravo
- 6 Blissful
- 7 Agree
- 8 Cute

### *Picture* STYLE

Landscape

- 9 Enthusiastic
- 10 Empower
- 11 Happy
- 12 Radiant
- 13 Unique
- 14 Strong
- 15 Quiet

### *Picture* COLOR

Blue

- 16 Grateful
- 17 Bountiful
- 18 Striking
- 19 Prompt Free
- 20 Praise
- 21 Merit
- 22 Intellectual

### *Picture* MORE

Repetition

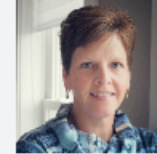
- 23 Honourable
- 24 Essential
- 25 Upbeat
- 26 Okay
- 27 Tremendous
- 28 Defeat
- 29 Graceful

### *Picture* YOU

About Us

- 30 Genuine
- 31 Daring

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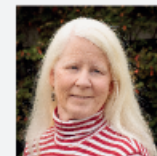
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