

FEBRUARY 2022



365 Picture Today

THE MONTH OF LOVE

"HOW DO YOU SPELL 'LOVE'?"

-Piglet

"YOU DON'T SPELL IT YOU FEEL IT"

-Pooh

February is the month of love, sweethearts, and valentines. We cannot help but think of the colours red and pink, of frothy cupcakes, valentine letters, date nights and champagne.

It should also be the month of SELF LOVE! You are one month into your 365 Picture Today journey and it is time to reflect on what it means to you personally. How is it going? Are you giving yourself a pat on the back for how far you have come, because you should! You are amazing. Remember that your pictures and journal are yours. They belong to you and should speak to you and reflect where you are in life physically, mentally and emotionally. Sharing it with the 365 Picture Today community is the biggest, sweetest gift of all. Your photos are not only a gift to yourself, but to the community.

It is true; it is a month full of gifts and other romantic gestures. It can sometimes lead to some anxiety, but remember what Pooh said, that it is the gift that you "feel" that matters. It is the simple gift of giving that gives us pleasure. Here at 365 Picture Today you cannot find a more giving or loving community. We share, we laugh, we cry and most of all we hold each other up and encourage one another daily. Every day we tell each other how much we care by commenting on and "loving" the photos of our photographic friends. That is the biggest gift we can give.

February is the month to celebrate our most treasured relationships. Continue to take the time to send some love to fellow 365-ers! Let's spread the love and remember to love ourselves.

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.



FEBRUARY 1
CD

Picture **YOU**

A Different Angle - Picture the Alphabet

This is our second alphabet prompt for the year. This month is brought to you by the letters C and D.

I'm enjoying hunting for letters. I think some will be harder to find than others but I like trying to find unique ways to capture them. The C is a logo for a local transportation company and the D is the handle on a clock that hangs on my living room wall.

Can you find objects, structures or architecture in your travels today that resemble a C and a D? If not, get creative and use things around your house to create a C or a D. It's completely up to you how you interpret the letter. Remember, the goal is to be able to spell out a word by the end of the year!

Diane

FEBRUARY 2
REMARKABLE

Picture YOU

A Different Angle

We all do remarkable things. These things are most often seen as a final product. If we stop and think, however, all that we accomplish is the result of a process, sometimes one that is short and sometimes one that is long. Often the remarkable things that we do would not have been possible without certain people, places, or things that we encountered along the way.

Stop and think about what or who has helped you to do remarkable things. Photograph your gratitude for whoever or whatever it is.

Kris



FEBRUARY 3
MOTIVATING

Guest PROMPT

A Different Angle

Let's "face" it, no one really enjoys being on the other side of the camera. As photographers we tend to enjoy hiding behind the camera, all the while trying our best to make those we are photographing feel comfortable. For today let's get motivated to put ourselves in the photo for a change! Wait! You're not wearing makeup? It's been a few weeks since you've seen your hairdresser? You're just not in the mood to smile? That's OK! There are other ways to do a self-portrait without putting it all out there.

Try a different angle! Maybe only include a part of yourself or shoot from an angle not normally seen, like from above or from behind. Last year I challenged myself to do every self-portrait highlighting my hands in some way. By concentrating on my hands I was motivated to do the monthly self-portraits and I truly enjoyed them! In the photo, I learned a new technique - masking in Photoshop. I actually combined a photo of my eye with a photo of my hand holding a compact.

Don't be afraid to search the web for inspiration as well. You'd be surprised how motivating other's creativity can be to your own!

Penny Pierce

instagram: 365picturetoday

FEBRUARY 4
REFRESHING

Picture YOU

A Different Angle - Picture My Hands

Is there anything more refreshing than newly fallen snow?

Today we are focussing on our hands from a different angle. I have chosen the 'straight on' angle but I put myself on the third to add some jazz to the photograph. You can photograph your hands from above (a birds eye view) from below (a snails view), from the side or in a number of creative ways!

Try shooting your hands at an interesting angle! Make it 'fresh'!

Lysle



website: 365picturetoday.com



instagram: 365picturetoday



FEBRUARY 6
INCREDIBLE
Food

*Picture*STYLE

Food photography has never been my strong suit... I typically avoid it to be honest - which isn't necessarily a good thing because there is no way I can get better if I don't try - right? There is so much you can do with any stationary food item which makes the options limitless. So, find a favorite food item today and capture it in an incredible way. After this week, we should all learn a thing or two when it comes to food photography.

Danette



FEBRUARY 7
CONSTANT
Food

*Picture*STYLE

Food can be challenging to photograph. How do you make something you're about to eat look appetizing in a photo?

Dessert is not always a constant for me but my cravings for them certainly are! I have a hard time turning down a good dessert, especially these date squares. They are from a local bakery and are the best date squares I've ever tasted.

Do you have a food that you crave? One that you would like to be a constant but that you really just keep for a treat every now and then? Let your photo for today be just the excuse you need to go out and treat yourself. Make it look appetizing and see if you can get us drooling over your treat!

Diane

FEBRUARY 5
INNOVATIVE

*Picture*YOU

A Different Angle - Picture My World

This is an exciting day. This is our first of four 'Picture My World' prompts. The idea for these challenges is that you will return to the same spot four times throughout the year. If you live where there are different seasons, maybe you want to think about picking a spot to show that off. If you don't, no worries. We will see how you change through the year (or at least how your outfit changes!).

We are trying different angles this week, so get up high or down low and see how creative you can get.

With my photo, I went a little more creative and innovative in the editing process. I wanted a fairytale feel. Maybe you can show us some innovation in your editing. Snapseed is a free app that's popular around here. What do you use to edit photos?

Joy



FEBRUARY 8

IDEAL

Food

To me, bread is the ideal food! It is also a feast for the senses...nothing smells or tastes better than a freshly baked loaf of bread. Bread can also be beautiful to look at with its varying shapes and textures. For me, bread's appeal comes in its simplicity and its versatility...good on its own but also a team player when it comes to a sandwich or french toast or bread pudding.

When I photographed this loaf of freshly baked pumpernickel, my goal was to try to capture those attributes that make bread my pick for the ideal food.

What is your ideal food? Why? Show us your choice and your reasons why in today's photo.

Kris



*Picture*STYLE



FEBRUARY 9

BEAUTIFUL

Food

I know that a lot of you hate taking photos of food. It is an art and it is hard. But take an easy dish and make it beautiful, by playing with your food. Add some extras to help it stand out.

In my cereal bowl of fruit of the forest, milk and oats soaked overnight, I added some extra fruit and seeds for some zing, and by setting the scene added some leaves from the forest and a cup of black coffee. Whilst taking the photo, I held a leaf over the coffee to just have a subtle shadow.

What beautiful food are you eating today?

Lee

*Picture*STYLE

FEBRUARY 10

PROMPT FREE

Food

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 your 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

365
*Picture
Today*



FEBRUARY 12

APPROVE

Food

Approve: regard as good; to be pleased with or to confirm.

There are so many food messages around this time of year telling us what to eat and what not to. I thought it would be fun to create our own "eat this not that" photo!

As you can see from my photo sometimes it's hard to tell which is the more approved food!

Amy

PictureSTYLE



FEBRUARY 11
ADORABLE

Food

Do you have lots of mugs? I have quite the collection, but this is definitely my most adorable one. Grab an adorable mug or cup and make your favourite drink extra adorably-sweet. If you're not in to super sweet drinks, it would be adorable if you made one for someone who does!

I love crushing candy canes into and on top of my hot chocolate in the winter. It tastes delicious and adds so much texture to the photo. Do you have something you can add for texture?

Joy

PictureSTYLE

FEBRUARY 13
PLUCK

Red

Today we start our second colour week of 2022! This weeks colour is red. Once you start looking for it, you will see red everywhere.

I plucked these daisies from a bouquet of flowers that had been given to me for my birthday. I took them with me to a local park to take some photos. I wanted to use the pop of red against the white of the snow. I was going to pluck the individual petals and scatter them but by the time I finished photographing them as they were the cold had gotten to them and pretty well killed them. I'm glad I was able to capture them while they still looked decent.

Can you find something red to pluck today? A hair, an eyebrow, a guitar, a flower or something completely different. I can't wait to see what you come up with!

Diane



FEBRUARY 14
ECSTATIC

*Picture***COLOR**

Red - Macro Monday

Ecstatic is a feeling of overwhelming happiness or joyful excitement. One of the things that makes me happy and excited is a new ball of yarn. There is such joy that comes from wondering what it will become when it grows up.

Photograph what brings you happiness and joy. And, since today is Macro Monday, get in close!

Kris



FEBRUARY 15
ABSOLUTELY

*Picture***COLOR**

Red

We need some fun in our lives, so absolutely go for it!

For this set up I put a black tile with a black background and for the pop had a red cup. I used milk so that you can see all the drops from the splash.

You need to put your camera on a tripod, if you don't have one, put it on a flat surface, but basically you don't want to be holding the camera. It does help if you have someone willing to drop something into the cup.

I used manual and made my settings 1/800 sec at f/16, ISO 100. You might need to play with your settings until you get the correct one for you.

Don't have a red cup, use red food colouring and have a clear glass, but what you must do is absolutely have fun!

Lee

instagram: 365picturetoday



website: 365picturetoday.com

FEBRUARY 16
TOUGH

*Picture***COLOR**

Red

Well it is not the most flattering of photographs but I think it shows how tough I am!

I work out everyday and I make it the most important thing on my daily agenda. I schedule all of my other activities around my exercise time. Sometimes it is difficult to find this time, but I have a "no excuses" attitude which kind of makes me "tough" I think.

The second most important thing on my daily agenda is to take my Picture of the Day!

Go out there and show us how tough you are. Red is a great colour for showing toughness!

Lysle



instagram: 365picturetoday



FEBRUARY 18

LAUGH

Red

Today we have just the challenge...use the color red to make us all laugh!

Why are hat jokes the hardest to understand?

Because they always go right over your head :)

Amy

*Picture***COLOR**



FEBRUARY 17

VALIANT

Red

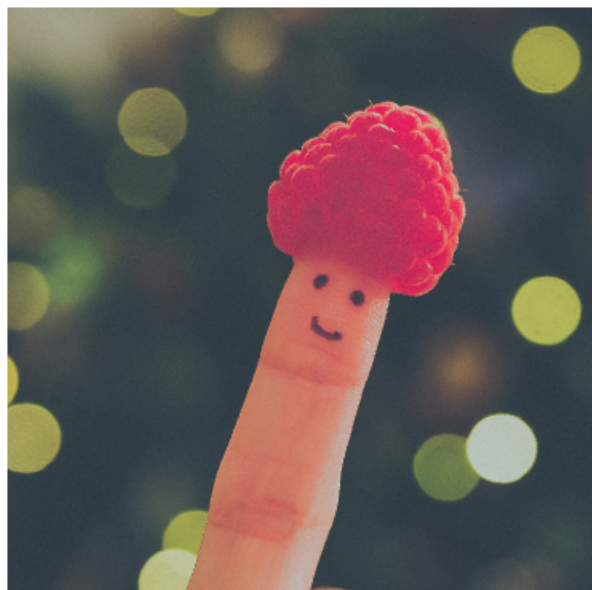
What valiant effort do you notice happening in your life or your world today?

This photo of me spinning in the snow appears carefree. In reality, it was a valiant effort of trying not to trip over my own feet, rushing before quickly leaving for work, and trying not to freeze in my bright red spring coat.

You or someone you know might be making a valiant effort that isn't easy for everyone to see. Show us a valiant effort, whether obvious to all or only to you, and try to include red in your photo!

Joy

*Picture***COLOR**



FEBRUARY 19

HONOR

Red

There are a few definitions for the word honor: 'something regarded as a rare opportunity and bringing pride and pleasure; a privilege' OR 'high respect; great esteem' OR 'regard with great respect.' For me, it's been an extreme honor watching my husband and kids work so hard together in Tae Kwon Do earning each of these belts (that also hang in a place of honor in our home). This photo shares just a bit of red which is the belt they receive right before receiving their black belts. Those red belts signify maturity. What's something in your life that fits what honor means to you? Don't forget to share some red too!

Danette

*Picture***COLOR**

FEBRUARY 20

KNOWING

Rules of Third

Knowing how to compose your photos almost always makes for stronger composition. The basic principle of composition is to use the Rule of Thirds.

Think about your frame being divided into three equal parts vertically and three equal parts horizontally, like a Tic-Tac-Toe board. There will be four points of intersection between those vertical and horizontal lines. It is at one of those points of intersection that you want to place the primary subject of your photo.

In my photo, the peeking puppy is the subject yet he is a small part of the entire image. However, because he is placed on that lower left point of intersection, the eye is drawn to him.

Practice today placing your subject on each of the four possible points used in The Rule of Thirds. Observe which one "feels" best to you. Think about why.

Kris



website: 365picturetoday.com

Picture MORE

FEBRUARY 22

MARVELLOUS

Rules of Third

By placing my grain silos on the left of my photograph, I applied the rule of thirds! It is that easy!

I also applied the rule of thirds by having my sky take up 2/3rds of my photograph. In my opinion, the big blue Alberta sky is the most marvellous part of this picture and I really wanted all of the focus to be on it!

What can you find that is marvellous in your world today and remember to photograph using the rule of thirds.



FEBRUARY 21

JUBILANT

Rules of Third

Jasper never looks jubilant, but believe me, when it snows he loves it.

I cropped the original photo so that he was on the third; with his nose on the bottom right third. I like that his head has a slight tilt and that look, well it says jubilant to me.

What can you find that makes you feel jubilant today?

Lee

Picture MORE



instagram: 365picturetoday

Picture MORE

instagram: 365picturetoday



FEBRUARY 24
ENERGIZED

*Picture***MORE**

Rules of Third

After a week of using the Rule of Thirds have you started seeing Tic-Tac-Toe grids with every shot you take?

Today it's your pick - you get to choose the third of the frame you want us to focus on while showing off something that has you energized!

It could be the sunrise, a good book, or something from your afternoon walk, or simply your coffee fix like me.

Amy



FEBRUARY 23
VALUED

*Picture***MORE**

Rules of Third

Something that I think should be more valued is taking a walk by yourself. It can be hard to get outside, especially if it's cold and snowy.

However, there is so much to be valued in that opportunity to go at your own pace. I know I'm usually left behind on walks anyway, stopping to examine bark on trees, or waiting until the path is clear so I can get shots like this. Notice how the path acts as a leading line, and, in the rule of thirds, starts on the first and goes into the second grid.

See if you can get some much-needed and valued time to yourself today, whether it's 5 minutes or 3 hours.

Joy



FEBRUARY 25
INTUITIVE

*Picture***MORE**

Rules of Third

Feeling intuitive is when a person feels something to be true without conscious reasoning - it's basically using our instincts - that gut feeling. When that fits into the rule of thirds idea, I truly feel like it's something that comes pretty easily. The rules of third is a way to use composition techniques that are naturally pleasing to the eye. It's a way of using negative space in creative ways. When you place your subject on the intersection points, it really does create a more natural (and intuitive) photo.

Danette

FEBRUARY 26

CHEERY

Rules of Third

Bubbles are always cheery, even when you have to stand in temperatures below zero to blow them. If you live in a cold part of the world I encourage you to give frozen bubbles a try today. It has to be quite cold. I find about -10C and below works best. It also needs to be still. Wind is the enemy! I use a solution of water, glycerin or corn syrup, a tsp. of sugar and water. The glycerin makes the bubbles stronger and the sugar will make crystal patterns as the bubbles freeze. I put my bubble mixture outside for a few minutes before I head out so that it gets cold. I use the snow on my deck railing as my base. I use a straw to blow the bubbles and I blow them gently onto the snow base and hope they don't pop too soon.

You need patience to get to the point where the bubble will remain in tact and crystalize enough for you to be able to photograph it. It can be frustrating but the results are definitely worth it. If frozen bubbles are just not possible for you today, show us what else makes you cheery. Like this bubble, try to use the rule of thirds when composing your photo today.

Diane



Picture MORE



FEBRUARY 27

BEAMING

Makes Me Happy - Sunday Selfie

"What Makes You Happy - Picture You" week is here!

I have lots of things that make me happy, but family really makes me the most happy. Unfortunately my kids don't live at home any more, they flew the nest along time ago. So now the days at home are just my husband, me and Jasper.

So this is the best that we can do when trying to get a photo of the three of us! Especially when I am the one that has to set up the camera on the tripod with a timer and take the picture! Incidentally, Jasper was only there for the treat!

Put yourself in front of the camera today and smile!

Lee

Picture YOU

FEBRUARY 28

CLEAN

Makes Me Happy

I would rather be outside than inside! So, if an opportunity to clear snow should arrive (which it is does pretty much every day where I live) rest assured I am going to be outside cleaning away the snow way before I attempt to clean anything indoors!

At my Calgary home there is always a daily contest with my neighbours about who can get outside first to clear everyone's sidewalk! I win! (whether I shovel or not)

Show us how you clean up today!

Lysle



FEBRUARY 2022

Picture YOU

A Different Angle

- 1 C - D
- 2 Remarkable
- 3 Motivating
- 4 Refreshing
- 5 Innovative

Picture STYLE

Food

- 6 Incredible
- 7 Constant
- 8 Ideal
- 9 Beautiful
- 10 Prompt Free
- 11 Adorable
- 12 Approve

Picture COLOR

Red

- 13 Pluck
- 14 Ecstatic

Picture COLOR

Red

- 15 Absolutely
- 16 Tough
- 17 Valiant
- 18 Laugh
- 19 Honor

Picture MORE

Rules of Thirds

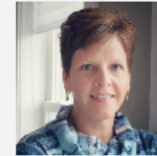
- 20 Knowing
- 21 Jubilant
- 22 Marvellous
- 23 Valued
- 24 Energized
- 25 Intuitive
- 26 Cheery

Picture YOU

Makes Me Happy

- 27 Beaming
- 28 Clean

365 *Picture Today* CREATIVE TEAM



Amy

amy@365picturetoday.com



Danette

danette@365picturetoday.com



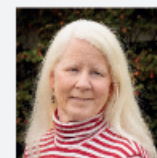
Diane

diane@365picturetoday.com



Joy

joy@365picturetoday.com



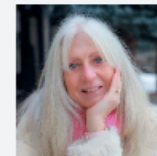
Kris

kris@365picturetoday.com



Lee

lee@365picturetoday.com



Lysle

lysle@365picturetoday.com