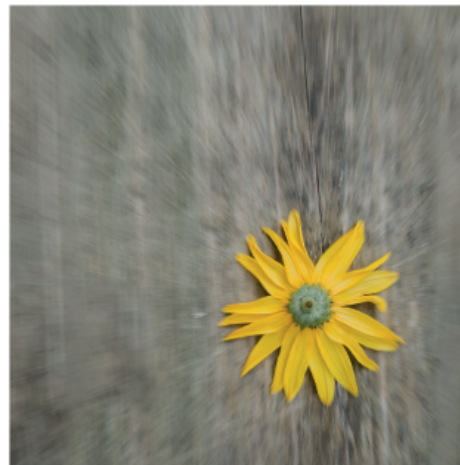
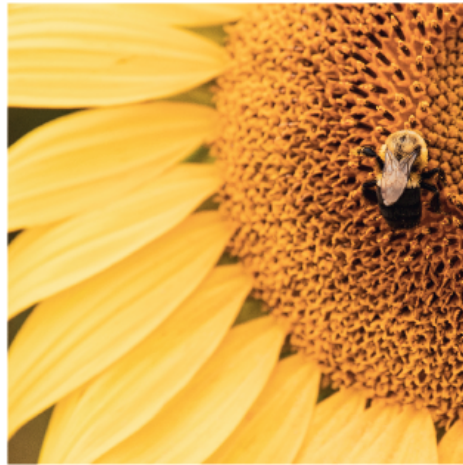


AUGUST 2022



365 Picture Today

WHAT DOES AUGUST LOOK LIKE TO YOU?

Are you in the midst of the summer heat or the winter cold? Are you anticipating the blossoming spring or the warm colors of fall? Are you preparing for the start of a new school year? Are you retired and no longer tied to the calendar?

Always remember that it is the small details of our daily lives that can be easily forgotten but also may be the most cherished in the months and years to come. What did my child wear to school on their first day of kindergarten? What was on his or her lunchbox or backpack? When did the leaves start turning this year on that big oak tree or the yellow flowers shine brightest in your garden? Remember the day that you shared a spontaneous cup of coffee and a heartfelt conversation with a friend? Never underestimate the power of a single simple moment!

Wherever you find yourself mentally and physically this month, capture that. One day, if not today, you'll be glad that you did.

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

EXPLAINING THE PROMPTS

AUGUST 1
SUCCESSFUL
Yellow

Picture**COLOR**

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 will 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.



Is there anything more successful than a flower that pops up through a sidewalk, or in the forest, where it hasn't even been planted?

Success comes from blossoming, especially in a place you never thought you'd be. Maybe the sun successfully bursts through the clouds today, or a cheerful yellow envelope successfully lands in your mailbox. Whatever the success, big or small, expected or unexpected, look for yellow and capture the moment!

Joy

AUGUST 2
REJOICE
Yellow

Picture**COLOR**



Yippee! It's Color Week and a cheery one at that! Today let's look for something yellow that makes you feel joy or great delight. You might be surprised by the Yellow that has you rejoicing!

Mine was a tasty one :)

Amy

AUGUST 3
THRIVING
Yellow

Picture**COLOR**



To thrive: grow or develop well or vigorously.

When you decide on whatever yellow thriving subject you want to use today, if you'd like, give this photography technique a try. This is called Zoom Effect. There are three easy steps to capture an image this way: set your shutter speed to a longer exposure, compose and focus, then while taking the shot, between when the shutter opens and closes, slowly zoom in or zoom out. For this example, I zoomed in towards the flower with a shutter speed of 1/20.

Danette

AUGUST 4
BOUNTY
Yellow

Picture**COLOR**



For us here in the Northern hemisphere summer is such a great time for yellow week. Yellow is such a summery colour. I'm sure you will find a bounty of yellow objects to grab your attention today even if you are not in the grips of summer where you live.

We have this great sunflower field close to our place and I love to visit it every year to take photos. The bees love sunflowers and they find a bounty of nectar and pollen in them. It's a feeding frenzy of yellow!

Diane

AUGUST 5
FRESH
Yellow

*Picture***COLOR**



When I see the words "yellow" and "fresh" together, my immediate thought is lemons. Whether it is cleaning supplies, hair-care products, or a garnish for a tall glass of iced tea, lemons say "fresh." My personal favorite brand of lemon-fresh comes in the form of lemon cookies!

What does lemon-fresh look like to you?

Kris

AUGUST 6
EFFORTLESS
Yellow

*Picture***COLOR**



Sometimes it is difficult to find something to photograph on a daily basis that you have not photographed many times before. It may seem like you are photographing the same thing day after day! A daily photography commitment is not an 'effortless' task! One way to get around this is to try and shoot a familiar subject from a different angle.

For today's prompt try and find something yellow and shoot it from an interesting angle. In my sample photograph, I got down low so that I could include the repeating pattern of all the bikes in one shot.

While some of you may find cycling effortless, I am not so sure!

Can you find something that is 'effortless' and yellow to photography?

Lee

AUGUST 7
TRIUMPH
Diagonals

*Picture***MORE**



We are headed into a new week and I already know it's going to be a triumph. We are focusing our cameras on diagonals.

The cool thing about diagonal lines? Any line can be diagonal, it all depends on your perspective. I find you can get some really unique, creative shots by simply tilting your camera, or looking for shadows off of straight lines. Whether you find diagonal lines or create them with your perspective, it's a triumph already.

Joy

AUGUST 8
EXQUISITE

*Picture***MORE**

Diagonals - Macro Monday



Exquisite: something that is extremely beautiful or pleasant, especially in a delicate way.

Macro photography allows you to slow down and take notice of the little things all while encouraging you to get in close. One of my favorite things is to go on a little photo walk - it's also an excellent way to relax. It only take a few minutes to explore the flora and fauna around your yard, neighborhood, or a nearby park.

When you find that exquisite detail that happens to be on the diagonal - zoom in and fill the frame!

Amy

AUGUST 9
ENCHANTING
Diagonals

*Picture***MORE**



I LOVE the definition of enchanting! "Delightfully charming or attractive." I have this enchanting paper flower that was made for me by a dear friend. And, it works well for photographing diagonals!

What can you find that is delightfully charming or attractive today?

Danette

AUGUST 10
PROMPT FREE
Diagonals

*Picture***MORE**

365
Picture
Today

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!

AUGUST 11
ACCEPTED
Diagonals

*Picture***MORE**



Do you prefer photos where the whole story is clear at first glance? Or those that make the viewer do a little work, to look closely at what is going on in an image. Personally, I prefer the latter, both when I am looking at a photo and when I am taking them. Because this is my preference, when I compose an image, I have to figure out how to help the viewer's eye land in the "right" spot. That is done with lines, either subtle or not so subtle ones.

In this image, there are two diagonal lines; that of the landscape that runs from the lower right corner and another starting in the lower left created by my grandson's body. Which one is most prominent to you? Which one tells the story?

To me, the diagonal created by the landscape is the most prominent, but that of his body leads from his foot to his hands that are picking blueberries. That is the story here.

Carefully consider your use of diagonal lines to convey a story in your photo today.

Kris
website: 365picturetoday.com

AUGUST 12
SAFE
Diagonals

*Picture***MORE**



What do you think of when you hear the word SAFE?

I think of protective clothing, hard hats, and making sure my kids are completely safe doing what they are doing.

When we went down a mine in Cornwall, we had to wear hard hats, even when we were back up on the surface when we were panning for gold. To be honest there isn't that much gold in Cornwall, but they put little coloured stones in the sand; so, it was great fun.

I like how the heads of of the gold panners are on the diagonal.

Lee

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

AUGUST 13
PROUD
Diagonals

*Picture***MORE**



I hope you have enjoyed diagonal week as much as I have. I love how a diagonal line across an image really enhances the photograph and draws the eye.

I am a proud Albertan and appreciate the magnificence of the Alberta landscape, from the prairie to the Rocky Mountains. In my sample picture I used a fence line on the diagonal to draw the eye toward the mountains in the background. What can you find in your environment or life that you are proud of? Remember to use diagonals to enhance your photograph.

Lysle

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

AUGUST 14

SMILE

Pick a Background - Sunday Selfie

Picture YOU



SMILE it's Selfie Sunday :)

This Picture You Week is all about what's in the background. Often times we are so focused on what is front and center that we overlook the value backgrounds have in our images. They can help tell the story, set the scene, and provide visual interest. This week focus on the background just as you would the subject!

A few examples of how to add visual interest:

- Contrasting colors in varying shades and tones to add drama.
- Leading lines will give a sense of movement.
- Striking elements can show depth of field.

Amy

AUGUST 15

PROSPER

Pick a Background

Picture YOU



I am hoping today will be as easy for you as it was for me. I absolutely prosper when we are out camping. In nature I can surround myself with all that I need to relax and reset from the busy day-to-day life. While camping, we all unplug and leave phones and all screens off. I find myself prospering especially when exploring unfamiliar and exciting areas that provide new and beautiful backgrounds. What is a backdrop you can share where you find yourself prospering?

Danette

AUGUST 16

Q R

Pick a Background - Picture the Alphabet

Picture YOU



Q

r



Are you loving our alphabet prompts as much as I am? Whenever I am out about with my camera my eyes are peeled for letters. It surprises me where I actually spot them. I've amassed quite a few and I can already see how my finds will make a word.

This month it's all about the letters Q and R. My Q is the handle of a pair of scissors that I own and the R is a fence post I found downtown.

I hope it's a "Q"uick and "R"elatively simple hunt for you today!

Diane

AUGUST 17
SPIRITED

Pick a Background

Picture YOU



I have spent the last twenty-five years of my life living as a Franciscan tertiary, meaning that my spiritual life is one rooted in humility, love, and joy. Most people know St Francis as the patron saint of the environment so I chose an outside setting for my photo.

Photograph your spiritual self today.

Kris

AUGUST 18
ADMIRE

Pick a Background

Guest PROMPT



This photo I took in 'Bokrijk'. It is an open air museum in Belgium, where there are old rural houses from different periods in time from the region of Flanders. You really imagine that you are walking in the past when you are there.

Sometimes I find that things become stronger when intentionally put them in the foreground. So I tried with this beautiful house that I really admire. I place it in the background and at the same time it is close to me in his reflection.

What do you admire that you pick in the background?

Greet De Clerck

AUGUST 19
WORTHY

Pick a Background - Picture My Hands

Picture YOU



Today is "Picture my Hands Day". We also get to pick a background to add to our photograph and that is going to be a lot of fun! Today we can pick a 'worthy' background to show off our hands or, we can pick something worthy to show in our hands against a background! Oh the choices!

In my sample photograph I chose a large mural that shows hands and I also show my hands! I think the mural was worthy of photographing.

Lysle

AUGUST 20
WONDERFUL

Picture YOU

Pick a Background - Picture My World



We have arrived at the third instalment of our quarterly Picture My World challenge where we head to the same spot throughout the year. How can you make this one different? Perhaps the seasons have done that for you. For this week's theme, however, we are being more intentional with our backgrounds.

Perhaps you can have the background in focus instead of you (boy, doesn't that make it easier for running back and forth to your tripod?). Maybe this means you use a higher aperture to have more of the background in focus, or lower aperture to create a cool blur. What does a wonderful background mean for you today?

Joy

AUGUST 21
DIGNITY
Travel

Picture STYLE



This week we'll be traveling! I found a wonderful explanation of travel photography by The Photography Society of America as "an image that expresses the feeling of a time and place, portrays a land, its people, or a culture in its natural state, and has no geographical limitations."

Travel Photography can be a very open genre because of the broad range of subjects it covers. Tying that in with what dignity can look like today, I am using a photo of me on my bike in a small snippet of some of the beautiful landscape I am lucky enough to travel through. Your traveling this week doesn't mean you have to go far. This can be your own backyard - remember, travel photography has no geographical limitations. As far as the dignity part of the prompt, maybe put yourself in the frame doing some sort of traveling yourself.

Danette

AUGUST 22
KUDOS
Travel

Picture STYLE



I love to travel so I'm looking forward to this week. I will be in Italy so it should work out perfectly for me!

This photo was taken on the River Cruise we took in May. We cruised up the Rhine river and there were quite a few locks that our Captain had to navigate his way through. I definitely give kudos to him for being able to manoeuvre such a big boat through these locks. I think there wasn't much more than about 6 inches between the boat and the side of the lock and another 6 inches between us and the boat beside us. Pretty impressive! Kudos Captain!

Kudos to you for any traveling you do today!

Diane

AUGUST 23
RESTORED
Travel

PictureSTYLE



Today we are going to think about travel in both the literal and the figurative way.

This house is in Lewes, Delaware. The original part of it was built in 1763. My grandparents purchased and restored it in the early 1960's and lived there until their deaths, at which time it was passed to my parents. Almost all of my memories of my maternal grandparents are associated with this place. It is also where both of my parents died. The house was left to me at that time, but my life is in Texas. I could not move and I also could not give the home the care and maintenance that it needs and deserves from afar, so I sold it. Now I have photos such as this to accompany me on travels back in time, to restore memories that could otherwise have easily faded away.

Today, travel to a place that holds important memories for you, a place that if you could never return a part of who you are would be lost. Take a picture of that place...just in case. Don't overthink this. You may need to travel no further than your kitchen table or neighborhood park.

Kris

website: 365picturetoday.com

AUGUST 24
FEROCIOUS
Travel

PictureSTYLE



Ferocious - one of its meanings - extreme in degree, power, or effect

My son lives in Cornwall, United Kingdom. It is a holiday destination for a lot of travellers. We usually try to go out of season, but sometime we have to go in August when it is busy.

Back in the day, Cornwall was mined for its copper and tin. There was a disaster at this mine in 1919; thirty-one men were killed when a link between a rod and the man-engine snapped, sending the engine down the shaft.

What have you found on your travels today that is marked by ferociousness (past or present)?

Lee

instagram: 365picturetoday

AUGUST 25
PLEASURABLE
Travel

PictureSTYLE



Oh the places we go!

When we are lucky enough to travel we have the bonus of freezing our memories! We can then look back at these photographs and remember and enjoy them for years to come. Our travel photographs also encourage others to possibly venture to the places we've visited through the conveyance of our images. (Arm chair travelling is also a bonus of travel photography) That is a wonderful thing.

After 3 years of not travelling due to covid measures, we finally made a trip to eastern Canada to Montreal and to Ottawa! My son lives in Montreal and knows all the best places to visit. This is a photograph of a street in the old city of Montreal.

Some travel photography tips I might suggest are to get up early and stay out late, tour with someone who knows where the best places are or pre-scout out your locations, remember to take clothing for all weather, ask locals where to go, ask locals if you can take photographs of them, and most importantly be curious!

If you are not able to travel today, be a tourist in your own community and show us something pleasurable.

Lysle

instagram: 365picturetoday

AUGUST 26
HERO
Travel

*Picture*STYLE



Who, or what, is your travel hero? When I think of travel hero, I immediately think of Ketan.

Whether we are traveling to another city or town, seeing family or just traveling to get groceries, he is the hero. He checks directions, reads all the signs, always remembers to carry a water bottle (sometimes two) and he always carries his backpack, or often (as in this case) carries my backpack with my camera and equipment. He also poses for me and takes photos and videos to capture moments of me. A secondary hero would be my camera itself, allowing me to capture moments gone in a flash and turn them into lasting memories.

Where are you traveling today? And what is the hero?

Joy

AUGUST 27
ACTION
Travel

*Picture*STYLE



Hope you have enjoyed traveling vicariously through everyone's photos this week!

As you travel through your day incorporate some action in to your shot.

For example, consider including the plane that goes zipping across your skyline image, use the window to frame the birds fluttering around your backyard, show the dogs running down the trail, kids swinging at the park. You get the idea.

Just remember you don't have to travel far - you just have to make the viewer feel like they have!

Amy

AUGUST 28
DELIGHTFUL
Purple

*Picture*COLOR



Today we start colour week once again. This week is all about the colour purple. By the end of the week you'll be seeing purple everywhere. What will you capture?

Delightful is such a happy word. I saw this fairy door in a small village near here and I found it completely enchanting and oh so delightful. And it was purple!

What delightful sights will you see today!

Diane

AUGUST 29
CALM
Purple

*Picture***COLOR**



Purple is one of those colors that, depending on its context, can elicit feelings on both ends of the emotional spectrum. It can symbolize power, wealth, and passion. But, purple is also associated with peace, wisdom, and spirituality. I find the latter to be particularly true when purple is experienced in nature. There is something so calming in seeing and being present with a simple purple flower standing all alone.

Where do you find some calming purple today?

Kris

AUGUST 30
DAZZLING
Purple

*Picture***COLOR**



There is nothing more dazzling at the end of the day, than looking over the water at a glorious sunset!

What dazzling thing are you going to be able to find today?

Lee

AUGUST 31
CELEBRATE
Purple

*Picture***COLOR**



Today we get to celebrate! Find something purple and celebrate it. While I was out for a walk, I saw a purple fence around what I thought was an abandoned house. To my surprise, when I leaned in to take a picture, a young lady was lying on a couch on the lawn enjoying the sun and a cup of coffee! We both had a little scared scream, and then a celebratory laugh at our mutual shock of surprising one another. We celebrated some mutual fun!

I can't wait to see what you celebrate, in purple, today!

Lysle

AUGUST 2022

Picture COLOR

Yellow

- 1 Successful
- 2 Rejoice
- 3 Thriving
- 4 Bounty
- 5 Fresh
- 6 Effortless

Picture MORE

Diagonals

- 7 Triumph
- 8 Exquisite
- 9 Enchanting
- 10 Prompt Free
- 11 Accepted
- 12 Safe
- 13 Proud

Picture YOU

Pick a Background

- 14 Smile
- 15 Prosper
- 16 Q R

Picture YOU

Pick a Background

- 17 Spiritual
- 18 Admire
- 19 Worthy
- 20 Wonderful

Picture STYLE

Travel

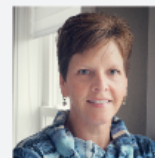
- 21 Dignity
- 22 Kudos
- 23 Restored
- 24 Ferocious
- 25 Pleasurable
- 26 Hero
- 27 Action

Picture COLOR

Purple

- 28 Delightful
- 29 Calm
- 30 Dazzling
- 31 Celebrate

365 *Picture Today* CREATIVE TEAM



Amy

amy@365picturetoday.com



Danette

danette@365picturetoday.com



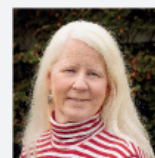
Diane

diane@365picturetoday.com



Joy

joy@365picturetoday.com



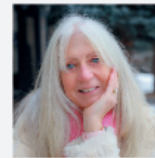
Kris

kris@365picturetoday.com



Lee

lee@365picturetoday.com



Lysle

lysle@365picturetoday.com