

Photograph Your Life Journey

What's popping, people? Today, we're diving into a concept close to my heart: **photographing your life journey**. Being here in Rome, this beautiful city, has me reflecting on what it means to document life through photography—and why it's such a powerful act.

Photography as a Selfish Act

Photography, at its core, is a selfish act. We're not photographing for others or because we think our work will change the world. We're photographing for ourselves. It's a way to **exist outside the passage of time** through the act of creating something out of nothing. By using digital technology, we can transcend what it means to simply live.

"Through the Art of Photography and the creation of images, we can transcend what it means to live inside the passage of time."

This belief drives me. With photography, the mundane becomes beautiful, and the chaos of life finds order. It's a way to make sense of the world and embrace it fully.

Embracing Chaos and Change

Photography teaches us to embrace chaos and change. Throw yourself into uncomfortable situations and adapt. With a camera in hand, **anything is possible**.

When you're on the street, observing life, don't be afraid to make a picture. Fear disappears when courage takes over, and your photography will flourish.

"You only have now, and the moment is here."

Even turning the camera on yourself has value. A selfie, or self-portrait, transforms your body and face into art. Everything—no matter how mundane—can become interesting.

Tips for Self-Portraits

- Put the camera in P mode.
- Look up towards the sun.
- Angle yourself to observe your gaze.
- Capture the moment, wherever you are.

The Joy of Photographing Your Life

By photographing your life journey—yourself, your surroundings, your experiences—you will find joy. Approach it in an *autotelic* way: create for the sake of creating, without expecting anything in return.

Using tools like the Ricoh GR with its black-and-white high-contrast JPEG mode, or a GoPro in hand, there's no excuse not to create. These tools let you abstract reality and tell your own story.

"I create the story, the storyline, the timeline."

Share Your Story

Publishing your work is just as important as creating it. Forget about gatekeepers or galleries. Host your domain, publish your work on a blog, and take control of your story. I use WordPress.org with Bluehost to host my firstnamelastname.com, ensuring I have a place to share my work without restrictions.

Why Focus on Your Life?

Forget about "photography projects." The real project is your life. At the end of the day, what matters most is your unique perspective.

"Focus on your life and photographing that, because at the end of the day, that's what matters."