

Why I'm So Passionate About the Outdoors

I genuinely believe that the more you stay inside, the faster your soul will wither. There's something so significant about moving your body outside and actually existing in this flow state of creating something. When you're making pictures, it's not about the results at all. The process itself is what keeps you in the state of becoming every single day.

Life Is Outside Your Window

Also, if I ever spend time indoors, I make sure to always have the window open because at least I have the fresh air from outside inside my home. I find this to be especially critical when sleeping, and by keeping the window slightly open in my bedroom, I get way deeper sleep.

Clothing Is Armor

The significance of clothing is important to consider because it's that barrier that protects you from the outside world. This is why I like to consider clothing as armor. When I walk around the streets on a rainy day, I'm not disturbed whatsoever because I have a trench coat that drapes to my ankles. Umbrellas, hats, gloves—all of these things are more important than what camera we choose to shoot with.

If I Don't Walk in the Day, I Don't Feel Human

Walking is the most important thing to consider here. Even if I go for a simple walk for an hour or two, that is much better than staying stationary for an entire day. To me, walking is my ultimate goal. If I can be in a constant state of movement throughout my entire life, will I forever exist outside the passage of time?

In Praise of Home Gyms

Having a home gym has been the biggest blessing in my life that I am most grateful for. Being able to get a quick pump in here and there throughout the day does wonders for my physical and mental health. A standing desk is also nice, and using an iPad without a keyboard, case, or pen allows me to work freely while moving my body physically while lifting. Not having to deal with unhygienic gyms and the hassles involved is why having a home gym is bliss.