

## Photography is a Muscle: Train It Daily

Photography, like any skill, is a muscle—you must train it daily. If you don't use it, you lose it. Every day, with no excuses, you should be making pictures. Carry your camera everywhere you go, and learn to find beauty in the mundane moments of life.

*"Make pictures every single day with no excuses."*

By treating photography as a discipline, similar to *weightlifting*, you'll develop a rhythm and routine that strengthens your eye, instincts, and creative vision.

**Progressive overload**—the gradual increase in effort—applies here, too. The more disciplined you are, the more results you'll see over time.

### Keys to Building Your Photography Muscle

- **Practice daily:** Just like in the gym, consistency is everything.
- **Find beauty in the everyday:** Treat each scene as an opportunity to capture something unique.
- **Progressive discipline:** Push yourself, try new techniques, and grow beyond your comfort zone.

With time, this approach builds not only skill but also a deeper appreciation for the world around you. Photography becomes second nature—a powerful, ever-growing muscle.