

Why Make Pictures Every Day?

Photography is an art that thrives on **consistency** and **daily practice**. It's about having a camera with you, making pictures every day, and letting curiosity guide you. I've been photographing for a decade now, and not a day has gone by without capturing something. For me, it's about cultivating a mindset of observing and engaging with the world, capturing moments as they unfold.

"Photography requires practice. This means, always having a camera with you and making pictures every day. It shouldn't be toil, or cumbersome. To go out there each day with curiosity is the goal."

With today's technology, compact cameras can slip easily into your pocket, eliminating any excuse not to shoot daily. There's always something to see, something new to capture, and practicing daily allows us to remain ready for those once-in-a-lifetime shots. *Street photography* depends on spontaneity and a bit of luck, but being out there every day is what increases our chances of catching those fleeting moments.

Building the Photographic Muscle

Photographing daily strengthens a kind of *photographic muscle*—it's just like training a physical muscle. Consistency is key, just as it is with any exercise. The more you photograph, the stronger and more refined your images become. *Consider your own physicality*—the stronger your body, the stronger your photographs. Photography, especially on the street, requires endurance: walking for hours, capturing scenes under the sun, exploring different locations.

"Maybe instead of thinking so visually and thinking about how you can make a composition, we should be thinking more about what we do in the kitchen—if we're eating the right foods, if we're getting enough rest."

The Practice of Noticing

Through consistent photography, we learn to notice *patterns and potential* in the everyday. This daily practice is like a journal entry. Each photo captures a moment, a question, a curiosity about the world.

- **Consistency Over Perfection:** Don't worry about coming back with perfect shots; the goal is to simply keep photographing.
- **A Journal Through Pictures:** Treat each image as a memory, a record of the day, a frame of life.
- **Strengthen Your Perspective:** The more you walk, the more you see. The more you see, the more you photograph. And the more you photograph, the stronger your images become.

"Just treat your photography practice as a way for you to remember the day. I like thinking of my photography as a personal diary, and a way to simply document my experience throughout life."

Finding Inspiration in the Everyday

Photography doesn't need to be complex or restrictive. We shouldn't pigeonhole ourselves into a single way of photographing. Some days, I feel drawn to the bustling streets; other days, I find myself by the river, photographing reflections, landscapes, and architecture. The important thing is to make photography an *enjoyable part of each day*, adapting it to wherever I am and however I feel.

Having a compact camera has been game-changing for me. It's convenient, non-cumbersome, and makes it easier to capture more moments. My Ricoh has become an extension of myself, and these past two years using it have been the most productive in my photographic journey.

How to Incorporate Daily Practice

- **Keep It Simple:** Use a small, portable camera that encourages frequent shooting without feeling like a burden.
- **Photograph During Commutes:** Use any available time, even while commuting, to capture the scenes around you.
- **Embrace Curiosity and Flexibility:** Let your camera follow your curiosity.

There's no need to stick to one genre or style; photograph everything from street scenes to tranquil landscapes.

"The more you walk, the more you'll win the game."

The Goal: Lifelong Practice

Photography isn't about achieving immediate results; it's a long-term practice. Success isn't measured by a single great shot but by a sustained curiosity and the consistency to keep creating. The goal is to photograph for many decades to come, not to be obsessed with results but to stay engaged with the act of photographing every day.

Every day, I aim to throw myself onto the frontlines of life, with a camera in hand, ready to capture whatever comes my way. That's the real victory in photography—being fully present in the process and always open to whatever each day brings.