

Why Photograph Every Day?

Every street photographer should practice daily. With compact digital cameras that slip right into your pocket, there's no reason not to. Personally, I've practiced street photography every day for a decade, never missing a day, always finding time to take pictures, no matter the circumstances.

The Importance of Consistency

Photography is like a muscle—the more you use it, the stronger it gets. Street photography is about **consistency, repetition, and resilience**. Going out each day builds the discipline and stamina needed to capture life on the streets. With photography, especially street photography, there's an element of spontaneity and chance, but **consistency** increases your odds of catching those one-in-a-million moments. Practicing daily, even if just for 30 minutes, makes a huge difference.

"Fortune favors the prepared." – Consistent practice creates more "lucky" shots.

Strength as the Foundation

Our strength and stamina are critical for street photography, a physically demanding medium. **The stronger your body, the stronger your photography**—because street photography requires walking, moving, and observing for hours on end. By prioritizing physical well-being—getting enough rest, eating well—you can keep up with the demands of daily practice and develop the resilience needed to photograph the world.

Consider hypertrophy:

- **Hyper:** "over"
- **Trophy:** "nourishment"

The more you walk, the more you see. The more you see, the more you photograph.

Each day of practice nourishes your photographic vision, helping it grow stronger over time.

Success Through Repetition

Just like training in the gym, daily street photography over time leads to improvement. As you keep practicing, you'll naturally increase your chances of creating successful photos. By photographing every day, you're actively flexing your photographic muscles, learning to see more, and capturing what you see with more skill and intuition.

Courage Over Luck

A photographer is responsible for placing themselves on the frontlines of life. To succeed, you must **spend time outside, fully engaged with the world**. In street photography, courage should be at the forefront, along with curiosity. Spontaneity and luck certainly play a role, but if you only photograph occasionally, the challenges of street photography become clearer.

A photograph is a reflection of your courage.

The more you explore and embrace life, the stronger your photographs will be.

Finding Inspiration Everywhere

For me, even when I'm not in the mood to be in a bustling crowd, there are endless things to photograph. I may head down to the river, enjoy the breeze, and capture reflections, landscapes, or architecture. With a compact camera, the freedom to capture more is always there. This type of camera makes it easy to photograph daily without carrying heavy gear, increasing my chances to catch spontaneous moments and capture life as it happens.

Just Keep Playing the Game

Daily practice in street photography is about *playing the game*—walking more, observing more, and shooting more. The more you photograph, the more you win. Each day is an opportunity to hone your craft, deepen your curiosity, and capture the world around you. For me, success isn't about results or fame; it's about staying engaged in the process of creation every day.

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