

## **Creative Constraints = Creative Freedom**

What's poppin', people? It's Dante, currently walking around Center City Philadelphia with the Ricoh GR III, just snapshotting my way through life.

And today I'm thinking about **creative constraints** — and how they actually lead to creative freedom.

### **The Illusion of Choice**

We have this illusion of choice in life.

You can go left.

You can go right.

You have Coke.

You have Pepsi.

There seems to be unlimited choices we can determine and choose ourselves. We have this sort of idea of free will.

But I believe the true path to liberation and freedom is eliminating all the choices and recognizing that the real path to freedom is **onwards and upwards**.

### **Simplify Until Photography Disappears**

In a creative context, that means simplifying your workflow to a point where photography does not get in the way.

For me, that looks like:

- A compact camera that fits in my pocket
- One focal length

- Automatic settings
- Everything baked into the file
- No processing

It simplifies everything from the ground up.

All I'm left to do is **point and shoot**.

I have a black box, a button, and a little LCD screen on the back that lets me see the composition.

That's it.

## **Constraint Liberates Instinct**

When I streamline the approach and give myself a technical constraint, a creative constraint, I can liberate the way in which I create.

On the street, I recognize the instinct.

That instinct pulls my body to respond to the pigeon in flight and press the shutter.

It's not rational.

It's an irrational pull.

Photography is physical.

Yes, it's visual — you're putting together a frame, recognizing moments, watching the background, waiting for alignment.

But realistically?

**The instinct. The intuition. That's where your authentic expression lies.**

*Your vision sharpens through repetition inside constraint.*

If you want your own unique vision, your own unique approach, you have to embrace the creative constraint.

With consistency.

With repetition.

With competition.

But it's only possible through the constraint.

### **Decision Fatigue Kills Flow**

Unlimited decisions lead to burnout.

Which camera?

Which lens?

Color or black and white?

Left or right?

That decision fatigue clouds the mind.

And I believe it leads to stagnation.

But when I give myself a creative constraint, I enter an endless flow state — of motivation, of production, of clicking that damn shutter and responding to my gut.

### **The Goal: Flow State**

What I seek on the street is the flow state.

Street photography is about embracing spontaneity.

Embracing the unknown.

Being in the now.

So I can simply be there — and be prepared to respond to that gut feeling that propels me to click the shutter.

Where photography becomes effortless.

Where the flow state is inevitable.

## **Freedom Through Elimination**

Freedom lies where there are no more choices to make.

From that state, you can create infinitely.

A thousand different ways.

An infinite number of possibilities.

It's a paradox.

But I believe this is the path to creative freedom:

Remove the choices.

Stick to one.

Run and gun with it.

Go onwards and upwards.

And don't look back.