

Treat Photography Like a Visual Diary (This Will Change Everything)

What's poppin', people? It's Dante.

Today I want to talk about treating photography as a visual diary and how this has transformed my practice entirely.

So essentially, a diary is simply a daily record of life. It's what you saw today, what happened today, how you felt today—and recording that through photography.

And I find that by making this kind of imagery that is personal to my everyday life, I find rich meaning in the mundane nature of life.

Finding Meaning in the Everyday

Here we have a photograph I made of my brother. He came back from his massage thingy and had those suction cup marks on his back.

As he was looking at his back in the mirror, I made a quick snapshot of him while we were waiting for the elevator.

It's a very simple, elegant frame. Strong composition, strong lighting—but the moment itself wasn't something I was seeking.

It simply presented itself to me.

The moment wasn't something I chased. It revealed itself.

Surrendering to Photography

I believe in this idea of surrendering to the medium of photography.

Where the external circumstances—whether you see something interesting or make a great photograph—are out of your control.

But what *is* in your control?

- Being curious about life
- Being engaged in the present moment
- Being out in the world with your camera

Because of that, I just embrace the present moment.

Photography becomes a way to enter that flow state—that zen zone—where you're fully immersed.

The Meditative State of Shooting

It's a very meditative process.

Yeah, I think about the past and the future—but those things aren't my concern.

My concern is simple:

- Making new pictures
- Entering the stream of becoming every single day
- Engaging with life through the camera

I'm responsible for:

- Walking
- Noticing
- Observing
- Feeling deeply
- Responding to instinct

That's it.

Stop Chasing “Great” Photos

If you go out trying to make a specific kind of image...

If you’re chasing your “next best frame”...

You’re actually blocking your ability to see authentically.

The more you try to force great images, the further you get from your true way of seeing.

Instead, use photography as a vehicle to be present in your daily life.

Living Like It Matters

I treat each day like it could be my last.

I wake up like I’m born again.

I go to sleep like it could be my final breath.

That mindset changes everything.

- I feel more present
- More engaged
- More alive in my practice

And I treat each photo like it could be my last.

Beyond Identity and Ego

This goes beyond being a “photographer” or an “artist.”

All of that is noise.

This is about something deeper:

Recognizing that you are human.
That you will die.

And because of that...

You choose to pay attention.

You choose to care.

You choose to see.

What Your Photos Really Are

When you treat photography as a visual diary, you're doing something powerful.

Within the four corners of the frame, you're capturing:

- What life means to you
- How you see the world
- How you feel about things

Subjectively. Personally. Honestly.

Because any moment could be your last.

If You Can't Live Forever...

If you can't live forever, at least we can make photographs.

So while we're here—walking through space and time—

Why not let our photos reflect who we are?

Why not let them show:

- Our perspective
- Our emotions
- Our presence

A More Joyful Way to Shoot

When you approach photography this way, something shifts.

You start to:

- Feel more joy in the process
- Let go of pressure
- Stop performing

Every day becomes a new opportunity.

Not to make a “great” photo...

But to simply **be there**.

The Practice Becomes Life

By treating photography as a visual diary:

- Your work becomes more interesting
- Your experience becomes more meaningful
- Your curiosity deepens

There's no burden.

No expectations.

Just living, seeing, feeling—and responding.

And honestly...

That's my favorite way to approach photography going forward.

Final Thought

I just wanted to share this openly.

Hopefully, it inspires you to do the same.

Treat photography as a visual diary.

- Record what you saw today
- Record what happened today
- Record what you felt today

And let that show up in your images.

Because that's where the real work is.

Thanks for watching.

I'll see you in the next one.

Peace.