

# How to Enter Flow State Every Day Through Street Photography

## The Present Moment Exists Beyond Thought

Yo, what's poppin', people? It's Dante.

Today I'm thinking about why you should hit **flow state every single day**.

I think flow state is essentially a period where **time doesn't exist**. In order to achieve that feeling of timelessness, one must shut down the mind and embrace the physical body.

Currently, I'm walking down Allegheny Avenue, almost completing the full walk. I'm doing **one street per day**—walking the entirety of the street and photographing along the way, documenting the fleeting change of Philadelphia.

A lot of these homes are boarded up and disappearing. A lot of the architecture is beautiful and worth preserving.

So I'm basically making an archive of the city.

## Eliminate Decisions, Enter Freedom

I've been hitting flow state much more seamlessly because I've eliminated all decisions.

There are no choices about whether I should go left or right.

No decisions about whether I should shoot color or black and white.

I've put myself on a straight and narrow path every single day where I have a clear start point and a clear endpoint.

Because of that, there are no decisions for me to make while I'm walking.

I just walk onward.

And when you eliminate all of those decisions, you eliminate thought itself.

This is how you achieve flow state.

*Eliminate decisions. Eliminate choice completely. Then you'll find ultimate freedom.*

## **Photographing Instinctively**

Flow state is a feeling where you start photographing completely instinctively.

You're not thinking.

You're not rationalizing.

You see a shaft of light.

A shape.

A form.

A reflective surface in a window.

The facade of a building.

The infrastructure around you.

The textures.

And you begin finding ways of articulating the mundane.

This creative challenge of walking one street forces me into flow. It forces me to become hyper-aware and hyper-present of everything around me.

It forces me to find **infinite potential inside seemingly ordinary moments**.

## **The Ultimate Daily Photography Practice**

I think this is the ultimate way to practice photography daily.

It's not about depending on the world to deliver something interesting.

It's not about waiting for an impactful photograph to magically appear.

It's about immersing yourself in the mundane nature of life and finding new ways to make photographs.

There are shapes, forms, lines, and details everywhere.

But it's up to you to eliminate the habits of worry, anxiety, and outcome-based thinking in order to see them.

The fastest way I've found to get there is simple:

1. Pick a route.
2. Stick to it.
3. Walk the entire thing.
4. Go home.
5. Edit the photos.
6. Publish immediately.

That's it.

## **Philly in Flux**

My entire workflow creates an infinite opportunity for me to push myself creatively regardless of what I'm photographing.

I'm photographing buildings.

Infrastructure.

Mundane details.

But because I've given myself the goal of archiving the city, photography becomes pure documentary material.

The goal is simple:

**Photograph what space and time looked like in 2026.**

I'm not thinking too much about whether a photograph is interesting right now.

I'm thinking about what it might mean 100 years from now when the city has completely changed.

When the boarded-up buildings are gone.

When the neighborhoods look different.

When the infrastructure has been replaced.

I'm preserving the history of my city.

## **The Gift of the Present**

What better way to spend the day than:

- Making photographs
- Walking
- Enjoying the sun
- Entering flow state

When you enter flow state, time disappears and you're left with the present moment.

And that's the irony, right?

*The ultimate gift is the present.*

## **What Flow State Looks Like**

When you're truly in flow, you'll find yourself making an enormous amount of photographs.

Today I'm sitting at around **758 photos** after roughly two hours of walking.

That's what flow looks like.

It's photographing ruthlessly.

Not because you're forcing yourself to.

Because you're completely immersed.

## **Build a System That Forces Creation**

I've built a workflow that forces me to produce.

Every day I:

- Upload photographs to a digital archive

- Geotag every image
- Place the photographs on a map
- Create a physical zine with 36 photographs

Because the system exists, I don't have to rely on motivation.

The workflow itself forces creation.

It forces flow.

## **Map Your Walk**

The project is called **Philly in Flux**.

If you're curious about the workflow, check out the website and click the **Map Your Walk** section.

You can map your own walk in your hometown and begin documenting your city today.

Submit your walk.

Archive your neighborhood.

Download the project for yourself.

Create your own record of place and time.

Because once you begin walking with a purpose, you'll realize how powerful this simple constraint can be.

## **The Meditation of Walking**

These walks have become a form of meditation.

A way to enter flow state.

A way to become fully present.

A way to embrace the day.

I genuinely think it's one of the peak human experiences available to us.

And all I'm really sharing is a project-based constraint that's helping me get there.

Walk one street.

Photograph what you find.

Forget everything you think you know.

And let the flow take over.