



Mindful Photography Workbook: Finding Joy Through the Lens

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Joy Through the lens

Using mindful photography to discover joy in the everyday.

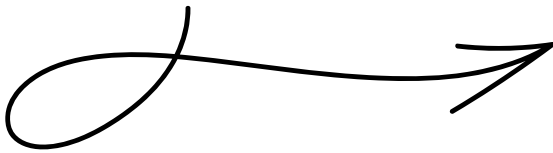
Mindful photography is about being in the moment, connecting with your surroundings and subject.

The goal is not about perfection or technical ability but about being intune with the moment and finding joy through what we notice.

Mindful Photography Activity

For this activity create up to 5 images. Look for something that brings you joy. This could be something as simple as the light streaming through a window, what you have brought with you today or colours in the room. Remember to use your senses to connect with the subject- what do you see? feel? smell? hear? Take your time to explore.

An example
This is a close up picture
of my bag



Reflection

How did creating the images make you feel? Is there anything you noticed? How do the images represent joy?

Journal prompt

What brings you joy? How can you bring more joy in your everyday?