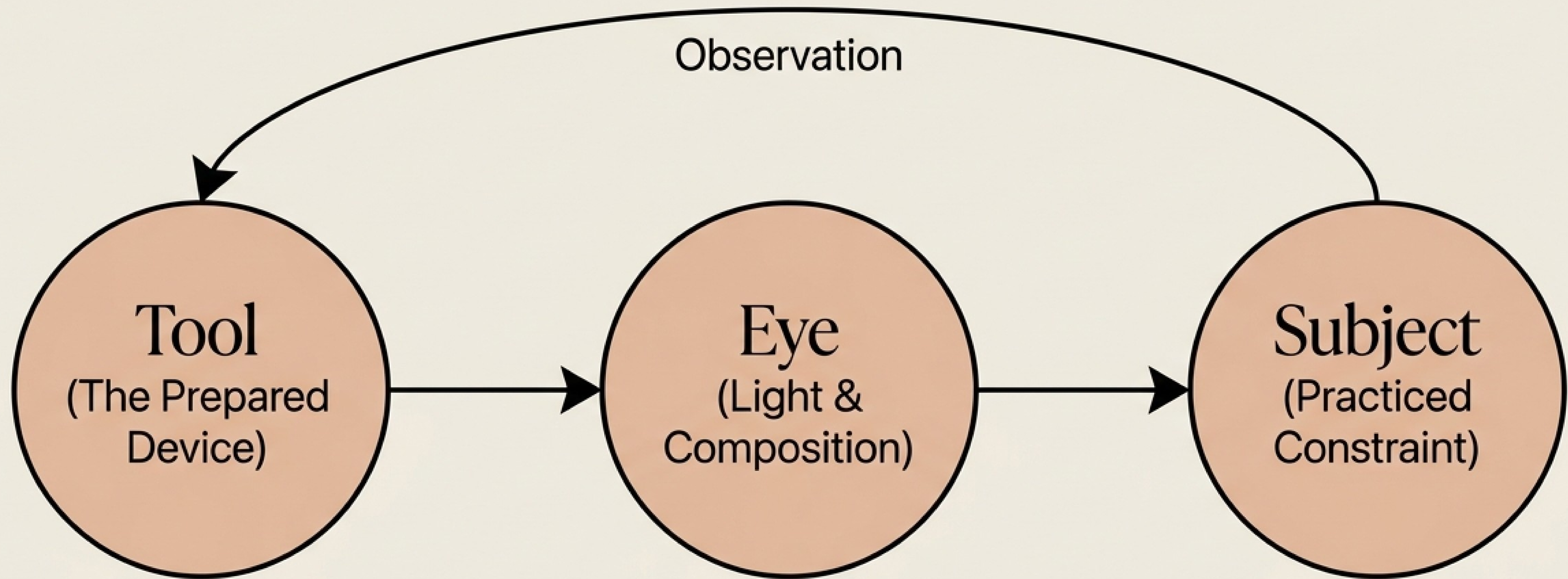


Cell Phone Photography

A minimalist field journal for seeing the everyday.



Great photography is an art of observation, not equipment. It occurs at the intersection of a prepared device, a trained eye, and a practiced constraint.

Default Habit	Deliberate Action
Relying on digital zoom	Moving your feet closer to the subject
Firing the automatic flash	Seeking out natural, available light
Letting the camera auto-focus	Tapping the screen to lock the focal point
Pointing and shooting instantly	Pausing to compose and adjust exposure

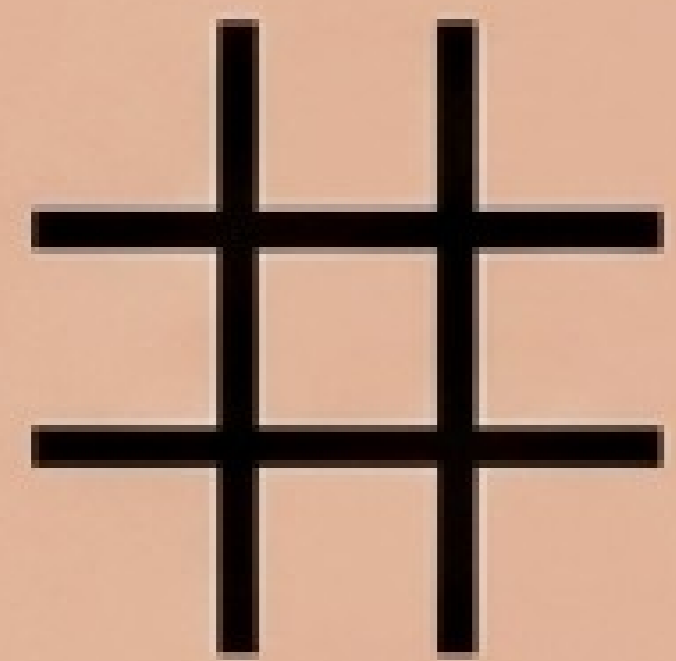
The Pre-Flight Checklist



1. **Clean the Lens:** Wipe away pocket dust and fingerprints. A single smudge ruins sharpness.



2. **Kill the Flash:** Disable the LED flash entirely to avoid flat, unflattering light.

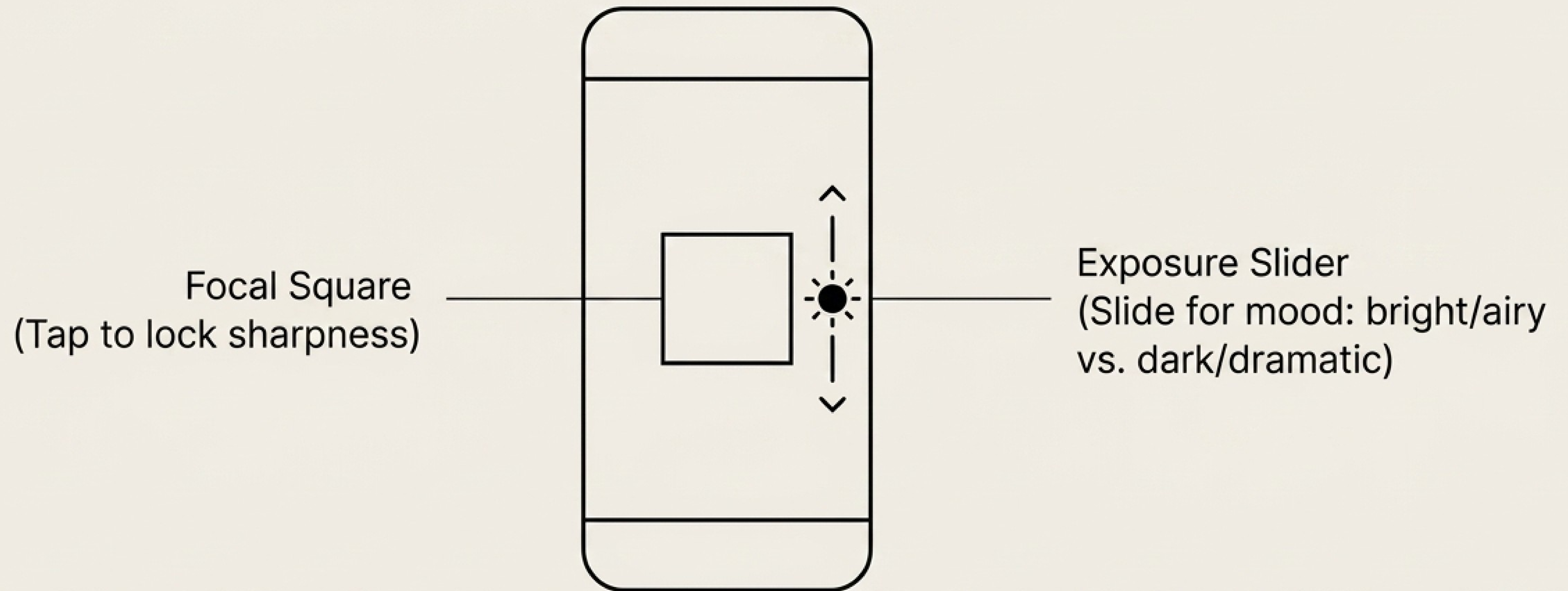


3. **Turn on the Grid:** Enable gridlines in your settings to reveal the invisible architecture of your frame.

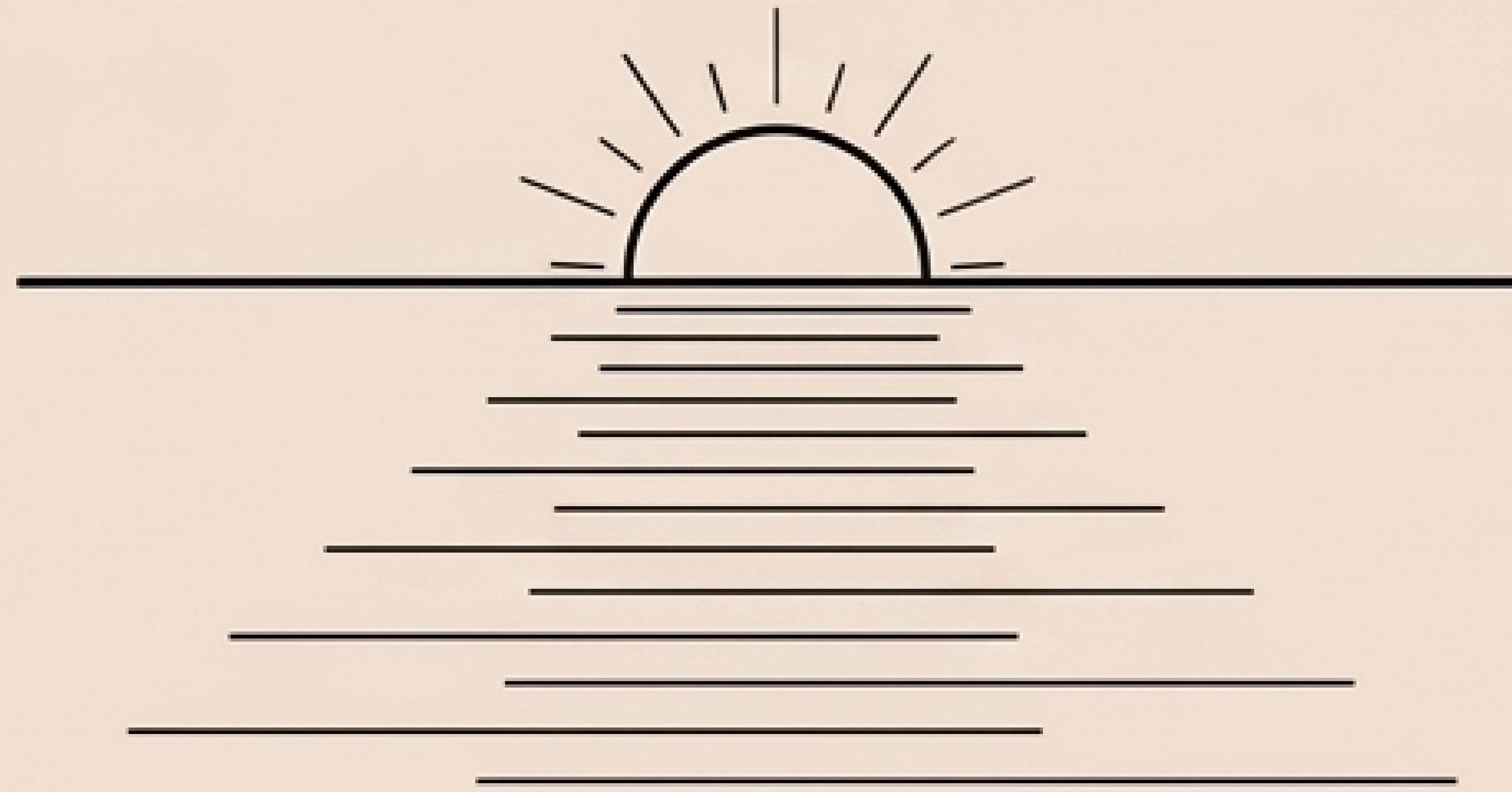


4. **Enable HDR:** Turn on High Dynamic Range to automatically balance harsh shadows and bright highlights.

The Tap & Slide Anatomy Diagram

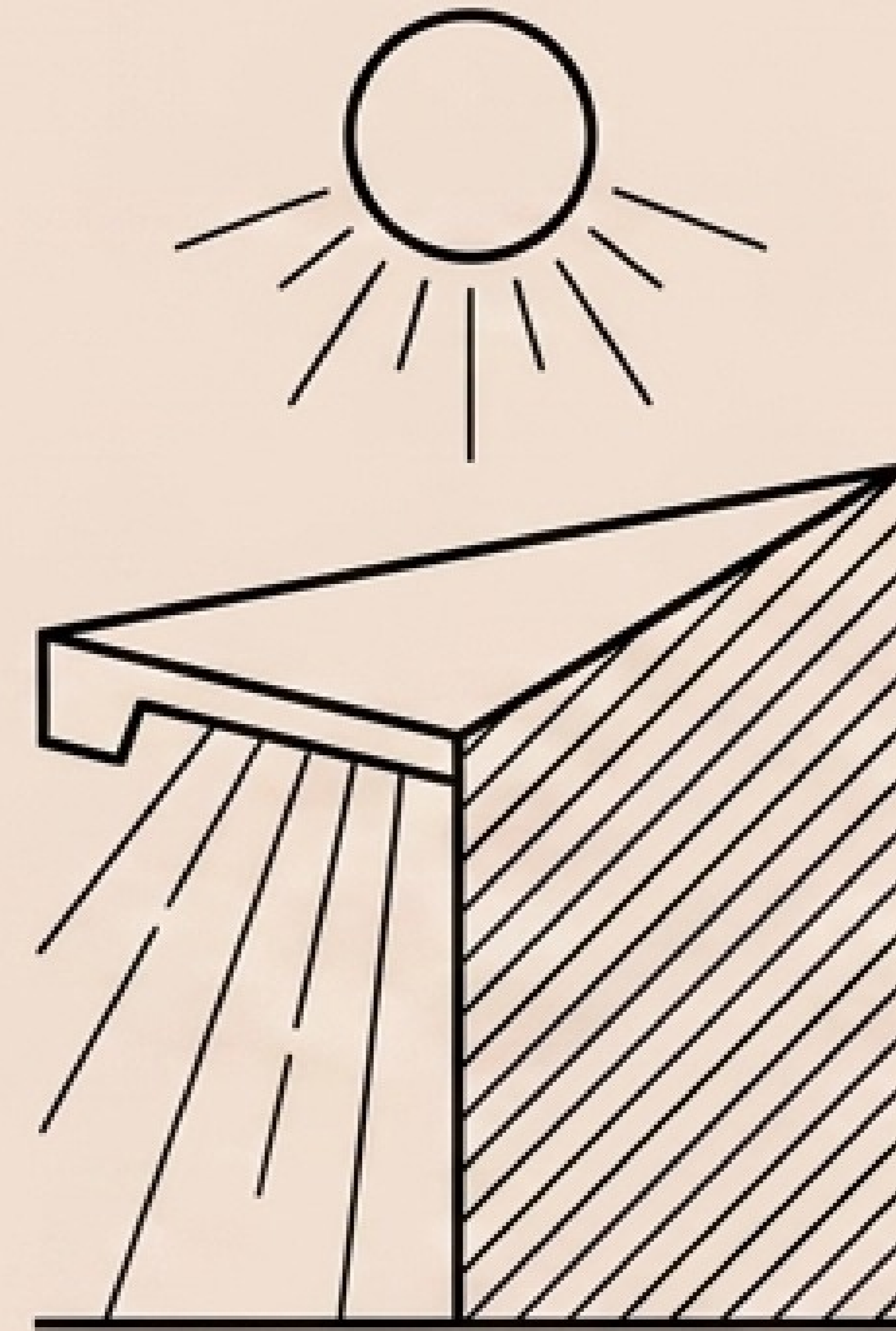


Reclaim control from your phone's algorithm. Tap your primary subject to lock sharp focus, then slide the sun icon up or down to manually dial in the perfect exposure.



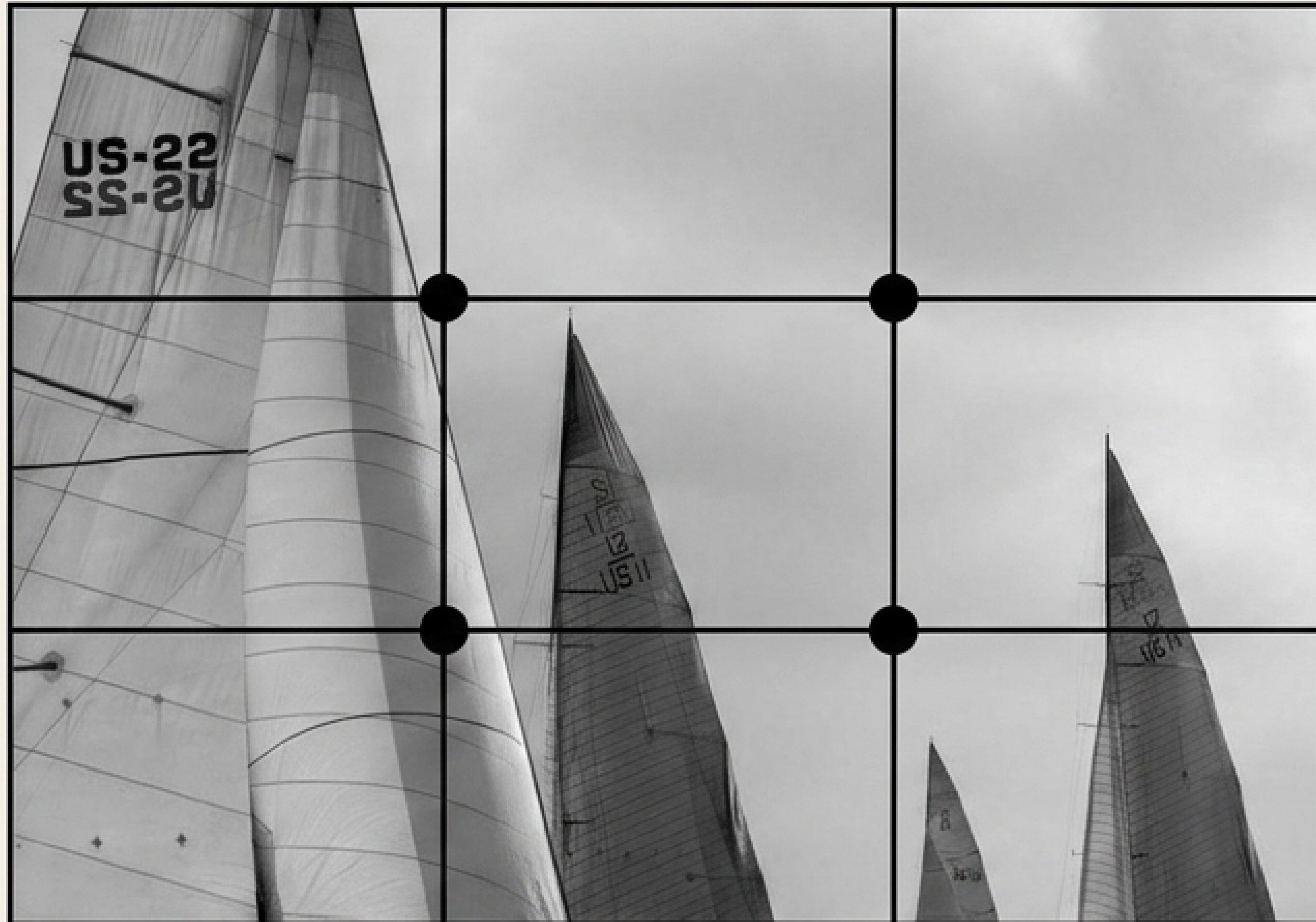
Shoot during the “Golden Hour” (shortly after sunrise or before sunset) for warm, diffused, and flattering light.

Box 1 (Soft Light)



In harsh midday sun, move subjects to the edge of shade—like a doorway or underpass—to utilize soft, indirect beauty light.

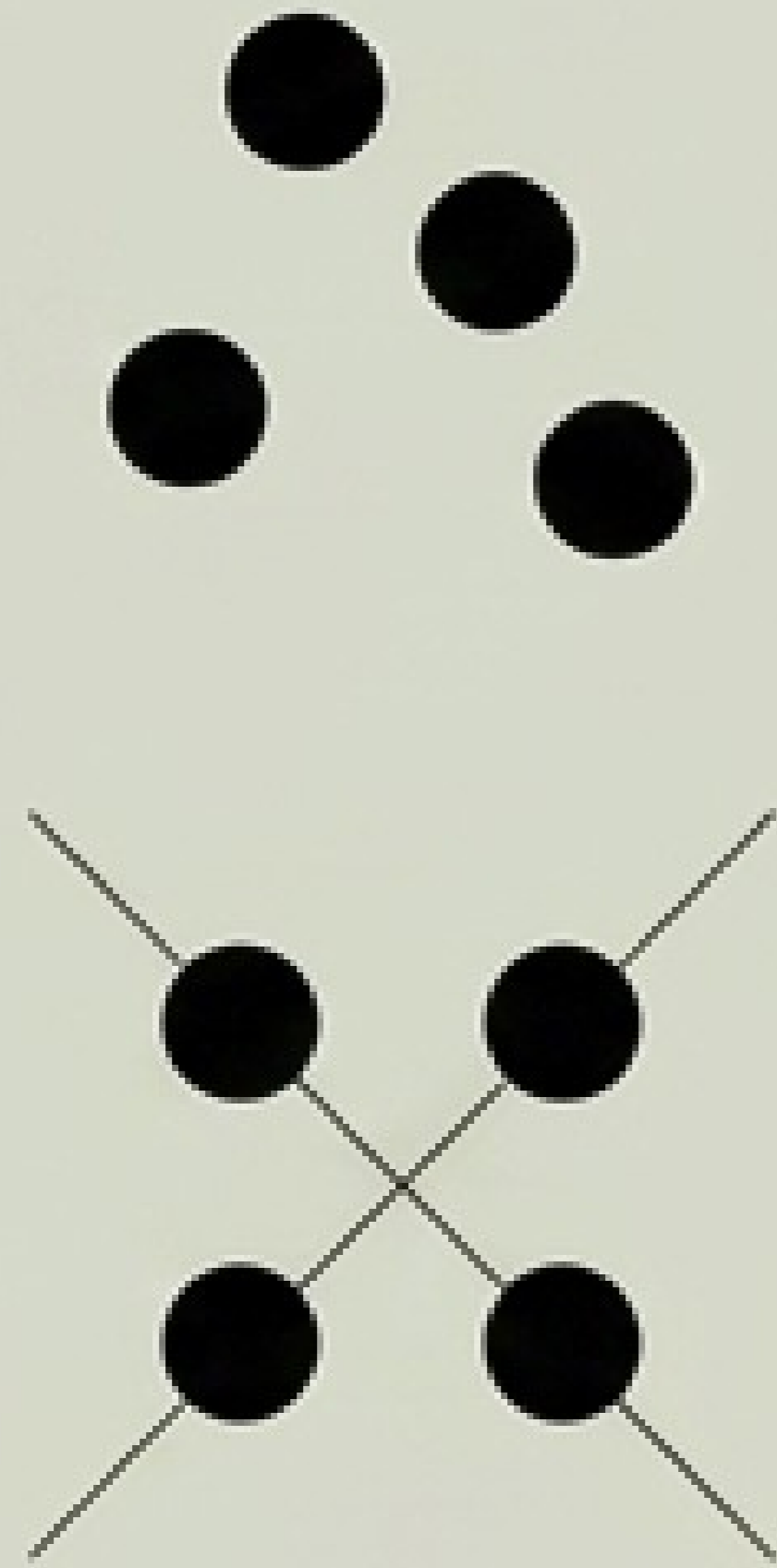
Box 2 (Indirect Light)



The Rule of Thirds.

Divide your frame into nine equal rectangles. Place your primary subjects along these lines or at their exact intersections.

This prevents the static, boring feel of a dead-center subject and introduces dynamic balance.

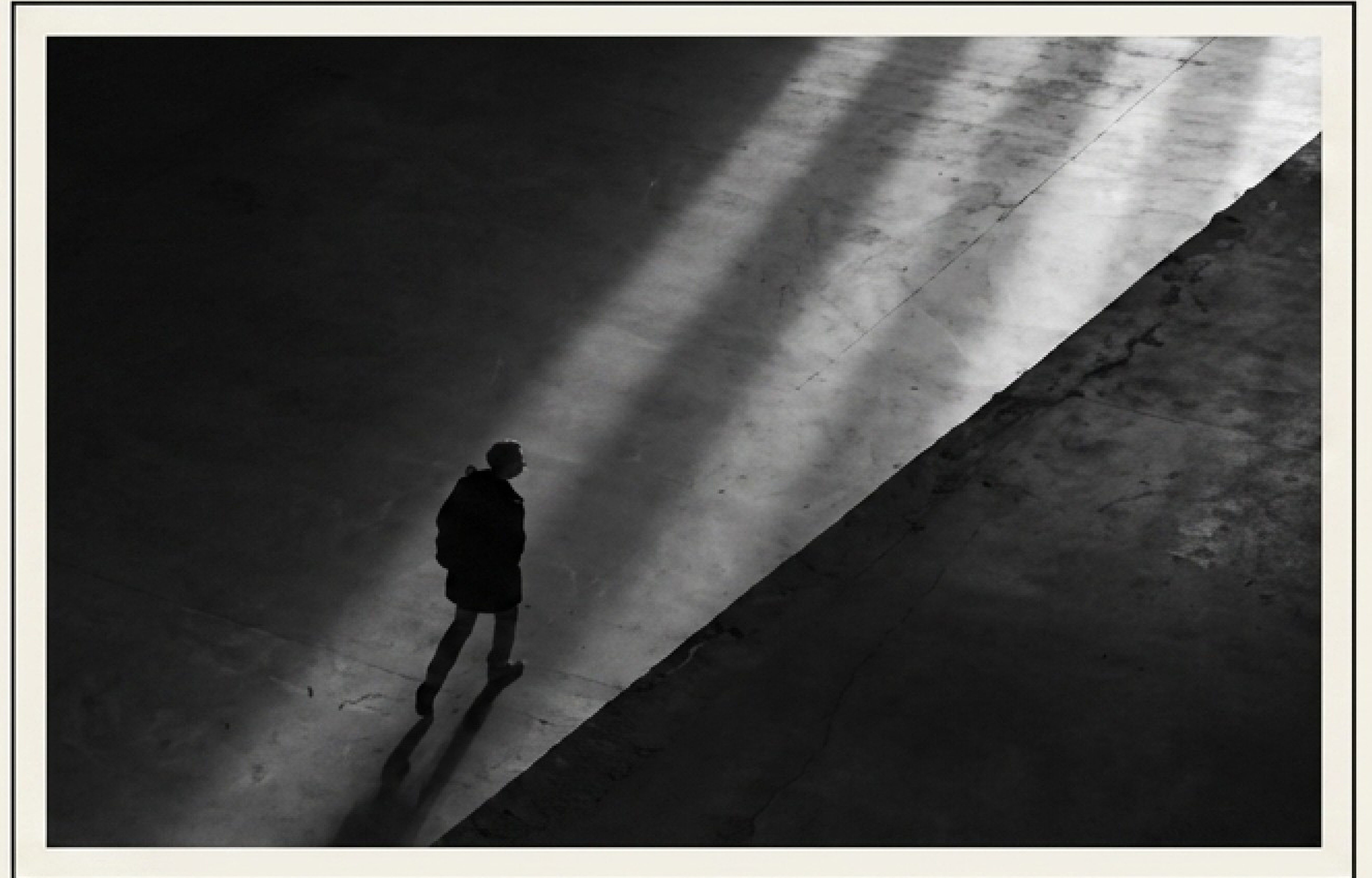


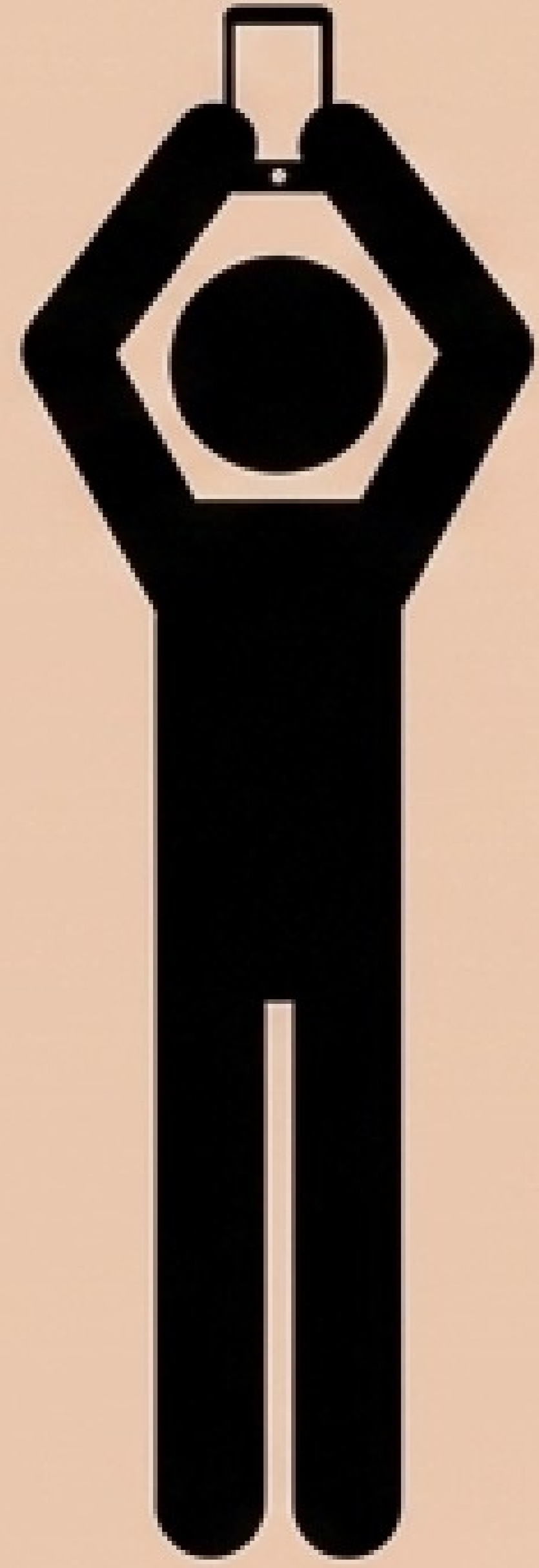
The Rule of Odds:

Group subjects in odd numbers (three, five, seven). The human eye finds odd-numbered clusters naturally pleasing and dynamic.

Negative Space:

Don't fear the empty areas. The unoccupied space surrounding your subject defines the focus and communicates the mood of your photograph.





The Bird's Eye:

Shoot directly downward from above. Flattens the scene and emphasizes geometric patterns.



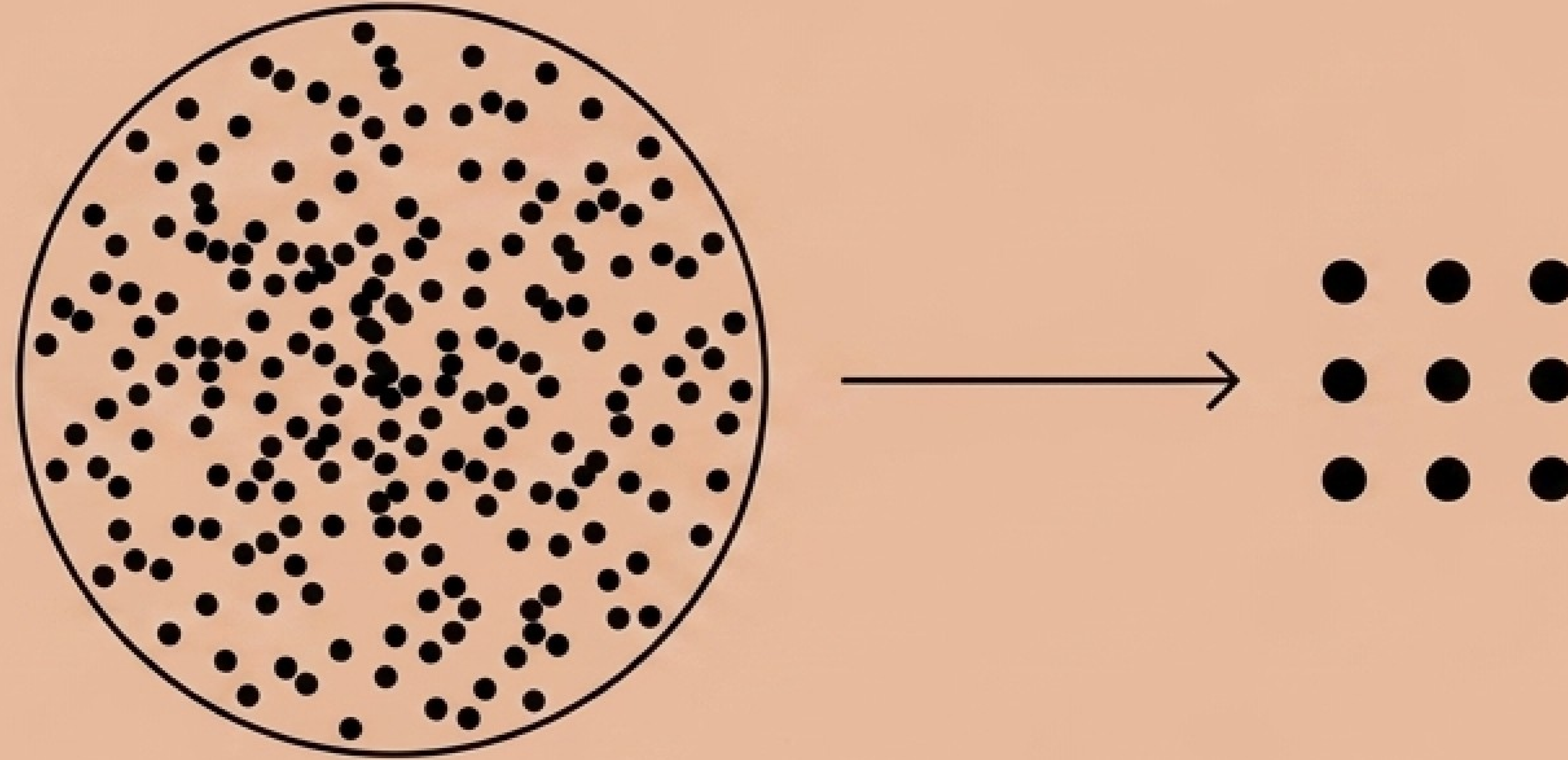
The Frog's Eye:

Hold the camera close to the ground shooting upward. Makes subjects look imposing and reveals hidden textures.



Shoot from the Hip:

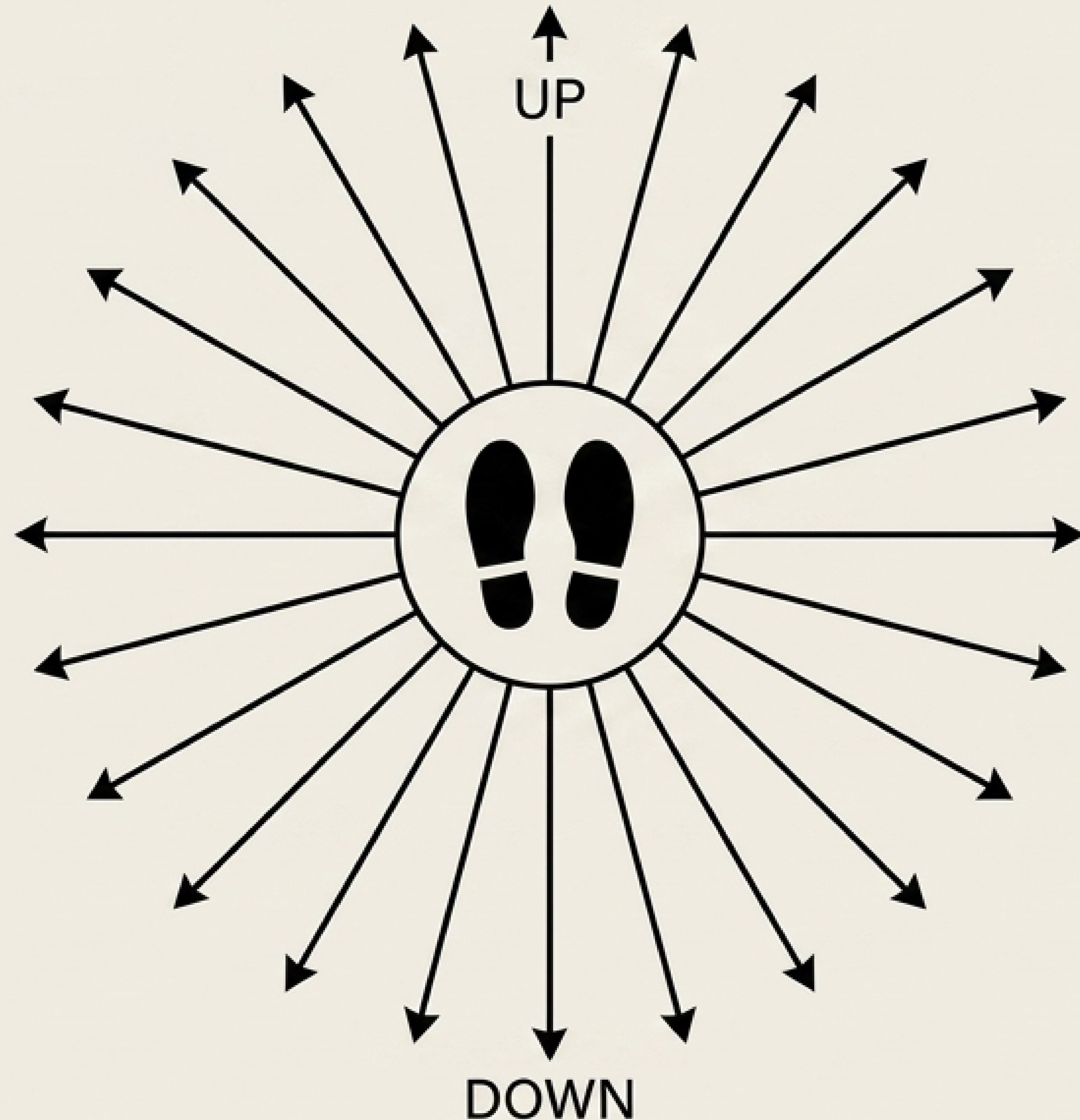
Hold the phone at waist level for candid, unnoticed street photography.



The Power of Restriction.

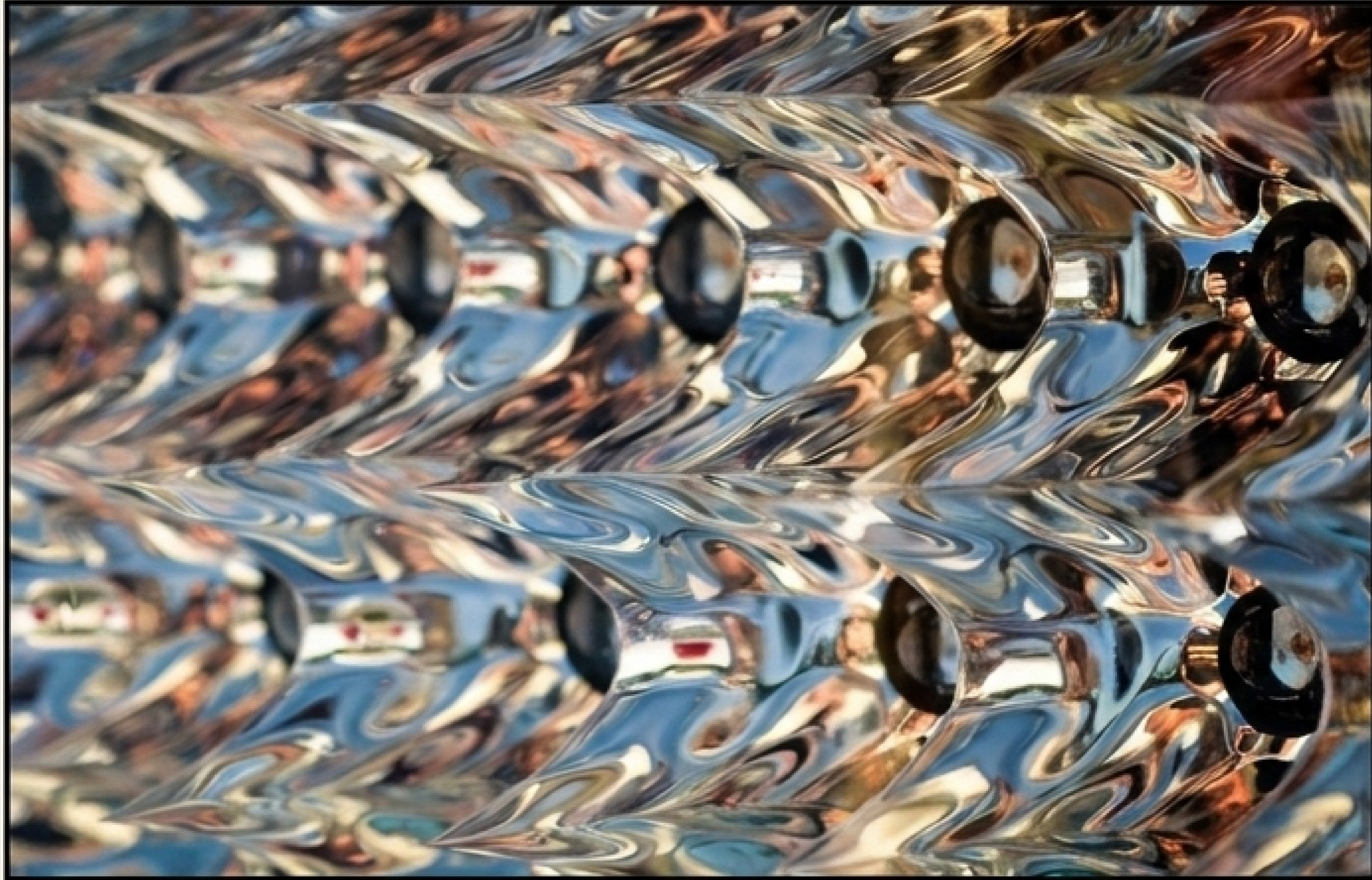
Endless possibilities lead to creative paralysis. By applying artificial restrictions—one location, one subject, or one focal length—you force your brain to stop looking for the “perfect” shot and start seeing the hidden potential right in front of you.

The Restriction Radius



Exercise 1: Two Dozen

Pick a single location. Plant your feet. Without moving from that exact spot, capture 24 entirely unique photographs. Look up, look down, shoot macro details, shoot wide vistas. Force yourself past the initial obvious shots.



Exercise 2: Ten of One.

Select a single, small, mundane object in your home. Capture 10 unique, abstract photographs of it. Move so close that the object loses its original context and becomes a study in pure texture, light, and geometry.

Light	Shadow	Line
Shape	Form	Texture
Color	Size	Depth

Exercise 3: The Nine Elements.

Go to a single corner of one room in your home. Without leaving that corner, hunt down and photograph an example of each of these nine foundational elements of design.

The At-Home Practice Matrix

The Living Room	The Window / Yard	The Neighborhood
Effort: Low	Effort: Medium	Effort: High
<ul style="list-style-type: none">• Ten of One: 10 macro abstracts of a coffee mug or houseplant.• Nine Elements: Find light, texture, and line in hit to craft, and in a single corner.	<ul style="list-style-type: none">• Four Corners: Place a single yard object in all four corners of your frame.• Time of Day: Photograph the exact same window at morning, noon, and dusk.	<ul style="list-style-type: none">• Two Dozen: Stand on your sidewalk and find 24 unique angles without moving.• The Frog's Eye: Walk the block shooting exclusively from ankle-height.



The images themselves are not critical. If you come away with junk, but you actively engaged your mind and trained your eye to see the mundane world differently, the mission is accomplished. The world is waiting to be noticed.