Photography Journal

A 30-Day Guided Journal

Daily Entry

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

1 Set aside a few minutes each day to write

2 Be honest and write freely without judgment

3 Try to write at the same time each day to build a habit

4 Review your entries weekly to notice patterns

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- Fill in subject and location immediately after each shoot while the details are fresh
- Record your camera settings (aperture, shutter speed, ISO) for each key shot or session
- Describe the lighting conditions — time of day, weather, natural or artificial light
- Write what you learned: a technical discovery, a composition insight, or a creative idea
- Review past entries weekly to spot patterns in your technique and visual style

Scan for a detailed guide on how to use this journal

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Location *(where was the photo taken?)*

Aperture *(f/1.8, f/2.8, f/5.6, f/11... lower = more light, shallower depth)*

Shutter speed *(1/1000, 1/250, 1/60, 1s... faster = freezes motion)*

ISO *(100, 400, 1600, 3200... lower = less noise)*

Lighting *(golden hour, overcast, harsh midday, studio, backlit, low-light...)*

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