1. Be silent in a cemetery
2. Explore a worn path
3. Make a cup of tea and follow the color saturation of the water
4. Document an abstract reflection in a puddle of water
5. Find something blue
6. Seek out light in the dark
7. Pay attention to words and phrases painted on buildings
8. Put yourself in an urban setting and follow the flow of graffiti or other bold forms of public expression; crop phrases to select words or shapes that stir you
9. Look at odd combinations of elements
10. Tour a city in the dim of night
11. Minimize the horizon
12. Sink back into bed and notice the folds of pillows and sheets
13. Hard boil, crack and peel some eggs; pile up the delicate shells
14. Seek out a repetitive pattern
15. Find jagged edges or points of intersection
16. Watch something disappear
17. Find your image in a shiny metal surface
18. Take a tour of the zoo; befriend a zoologist
19. Throw something (or someone) in water and evaluate the splash
20. Let raindrops distort your view through a window
21. Ask someone to make a wish
22. Submerge yourself and shoot just above the water level in a pool full of people
23. Make an honest self-portrait on a weekly basis
24. Go someplace you’ve never been
25. Create abstract compositions of electrical wires across the sky
26. Find a disconnect
27. Climb to the top of a flight of stairs and look down
28. Discover unrelated objects in a shared space
29. Ride a train and study strangers as they enter and exit
30. Segment a space into three unequal sections
31. Seek out geometric shapes in shades of grey
32. Let the dishes pile up in the sink and extract compositions
33. Submerge something tall in a glass half-full of water
34. Put yourself on a horizontal plane and shoot what is closest to you
35. Shoot your shadow on a textured surface
36. Find two unrelated objects with similar shapes
37. Experience a scene through a screen or faded glass
38. Let the weeds get a little out of control
39. Exploit a variety of textures in a single scene
40. Admire the color palette of butterfly wings
41. Simplify something to the point of abstraction
42. Record words and phrases that speak to you in public spaces
43. Take notice of people or objects aligned with lines on the ground
44. Find one color to connect two objects in a tight space
45. Craft an unrealistic environment
46. Call out to your pet and record the moment of connection
47. Stand at a bus stop; notice what people do when they wait
48. Stop to take a peek inside an open window
49. Place something small beside something tall
50. Visit a friend and survey the objects in their backyard
51. Be still with someone you love as they sleep in morning light
52. Invite a critter into your hand
53. Learn to embrace the blur of motion
54. Make water stains
55. Shoot someone shooting
56. Watch the body language of best friends
57. Minimize the view of a seemingly complex scene
58. Explore a science museum and note the visuals that make you pause
59. Juxtapose something old and something new
60. Peel an orange and study the segments
61. Choose the window seat
62. Find something old and faded
63. Offer a fresh view of a familiar statue or monument
64. Ask someone to make a big leap
65. Put something delicate on concrete
66. Tilt a horizon scene on a diagonal
67. Meet an imaginary friend
68. Capture the opposite of a smile
69. Notice the impact of advertisements on a landscape/cityscape
70. Find something in a state of rest
71. Document a curious moment from an inconsequential series of events
72. Notice unfamiliar marks in a foreign place
73. Steal a hug
74. Seek color
75. Hand someone something
76. Follow a crowd of people using umbrellas
77. Eavesdrop on a conversation, but focus on facial expressions
78. Watch an event and capture it through the fence
79. Study the texture of natural objects found at the beach
80. Connect objects and exploit the negative space
81. Share a story from an unusual perspective
82. Find an inconsistency
83. Contrast outside with inside
84. Focus on points of connection
85. Enlarge something small
86. Disrupt a scene
87. Insert some space
88. Place unfamiliar objects in hands’ reach of kids
89. Find something round
90. Capture an odd façade
91. Stay close to a dreamer weary from travel
92. Find an object that disrupts a pattern
93. Study the color and shape of your breakfast
94. Watch someone doing something they love
95. Find someone folding
96. Find someone folded
97. Position yourself above your subject
98. Position yourself below your subject
99. Reveal what’s hidden
100. Position yourself as close to your subject as you can get