

ALL about me

Journal one day in your life from waking up to going to sleep, capturing your daily routines in both photos and facts/figures/feelings.

MY life | morning, noon and night.

all about
me

Make a top 10 list about yourself sharing those things that you find important for happiness in your life. Photograph your top three "wants/needs."

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

< Today, the most exciting thing that happened to me...

My favorite person, possession & place

Why I like this person... Palatino with 15 points of leading. Quote should relate to the theme. A mug shot or action shot of the student goes above the quote to increase the impact. Lorem ipsum. Lorper sectem

Why I want this thing... Palatino with 15 points of leading. Quote should relate to the theme. A mug shot or action shot of the student goes above the quote to increase the impact. Lorem ipsum. Lore dolorem

I go here when I want... Palatino with 15 points of leading. Quote should relate to the theme. A mug shot or action shot of the student goes above the quote to increase the impact. Lorem ipsum. Lore corporat ad tisi blam et

6 am
8 am
10 am
Noon
2 pm
4 pm
6 pm
8 pm
10 pm
Midnight

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people possessions and places

Identify and photograph the people, places and things that are most important to you.

my waking hours

Across the bottom of the spread, document your waking hours with 10 photos that show where you are and what you are doing during those general time frames.

In the dominant photo space, capture the most exciting thing that you experienced during the day.

Use a blend of action and reaction photos on the page.

me, myself and i

Take three self-portraits that best captures your top three wants/needs. Then choose one word that best describes those pictures. Include those self-portraits by your top 10 list.



TeAM BUILDING

